INGREDIENTS FOR THE GOOD LIFE

EatingWell®

JANUARY/FEBRUARY 2022

52 quick & easy recipes

enjoy all the winter veg!

10 ways to add more fiber to your day

+ how to eat well & lose weight

+ proven tips to boost immunity

Low Carb Caramel Frappe

Blend ¼ cup Torani Sugar Free Classic Caramel Syrup, ¼ cup heavy whipping cream, ¼ cup chilled, strongly brewed coffee, and 1 ½ cups ice until smooth. Garnish with whipped cream.

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Skinny Caramel Macchiato

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COVER: LEIGH BEISCH; STYLING: DAN BECKER (FOOD), GLENN JENKINS (PROPS). **PREVIOUS PAGE:** OLIVER PARINI. **THIS PAGE:** JULIE GOLDSTONE; STYLING: MOLLY VELTE.

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A favorite winter activity: skiing fresh snow on the Catamount Trail, a 300+-mile Nordic ski trail running the length of Vermont.

Eat More Beets

As you pick up this issue some of you are wondering, why oh why is *EatingWell* showing raw beets on the cover? Why not show them in a delicious recipe? When we test our covers before we send them out into the world I hear this feedback. Now it's not all of you. Many love a glorious, sexy, raw-produce cover as much as I do. But for those of you questioning, here's a peek into the thought process.

Let's start with why the humble beet to begin with. After all, this vegetable, with its sweet yet distinctly earthy flavor, can be a little divisive, along the lines of Brussels sprouts. But they come in vibrant jewel tones that make them a stellar subject for one of our favorite photographers, Leigh Beisch. They grow in cool temperatures and can stay fresh if stored properly for up to 6 months, so they're seasonally appropriate for this Jan/Feb issue. They're packed with natural nitrates, which can help reduce blood pressure, probably a good thing after all the holiday stress. Also we have a feature story on salads made with root vegetables *(page 74)*, including one with wedges of beets, oranges and creamy mozzarella. And even though much of the world may not be so sure about them, we know beets have been driving some of you wild lately—our Crispy Smashed Beets with Goat Cheese recipe just about broke *eatingwell.com* last fall with all the mad clicking it elicited every time we posted it.

Now the decision to skip preparation is in part because those striking colors are even more vibrant before they're cooked, especially for those psychedelic striped Chioggias! But also, I want the credit for that moment when you see the cover, stop and go "whoa, what an awesome vegetable," to fall squarely on the beet itself, rather than a flourish of herb, a drizzle of olive oil or a sprinkle of sea salt. Then even if you're a skeptic, as you're flipping through the pages you'll be a tad more inclined to stop on that salad recipe and give it a whirl. We want you on that beet bandwagon! Of course, it's not just about beets—raw carrots and strawberries graced our covers last year—we really want you to be in love with all the produce. Here's why: the simplest way most of us can improve our diet is by eating more fruits and vegetables. When you get more of the good stuff there's less room to go off the rails. Incidentally, this is one of the key tips that chef Virginia Willis shares in the story "A Southern Chef's Recipe for Weight Loss" *(page 58)* of how she dropped 65 pounds over the last two years.

So just as Willis has become a big produce cheerleader, I consider one of my jobs to be Chief Beet Promoter. If *EatingWell* can glorify these roots and show you how to make them taste delectable, we've accomplished a big part of our mission: to inspire all of us to eat a little better every day.

Happy New Year!

Jessie

Jessie Price,
editor@eatingwell.com

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WE ASKED YOU:

What are your cooking resolutions this year?

Master eggplant so it's not mushy, but crisp and flavorful. *—robyn.conger.3*

Healthy weeknight dinners with leftovers for work lunches! *—tobybenguerel*

Cooking with veggies more creatively—without slathering them in cheese! *—carufela*

Meal planning /prep! *—lealootych*

Whole food cooking and as local as possible. *—mollyrhn*

More **mushrooms!** *—windyprospectfarm*

Convince my husband that he should be eating the same food I'm making for myself! *—ladonnaap*

Cooking **100% vegan.** *—vtgmisslizzy*

Get my **cookbook** finished. *—suescooking*

Tasty healthy easy meals for two empty nesters after 30 years of family meals for 6! *—momma_glab*

Hormones & Your Health

Scan with your phone s camera to learn how diet can affect mood skin & more.

WHAT'S TRENDING ON EatingWell.com

1 Go Med If you've got health goals, get on board with one of the healthiest ways of eating there is: the Mediterranean diet. We have simple meal plans and tasty recipes, like Charred Shrimp, Pesto & Quinoa Bowls *(shown)*. *EatingWell.com/Mediterranean*

2 Potluck Party Come one, come all! Just bring a dish to share. Find recipes for fun menus—like ramen night—plus tips for pulling it all off at *EatingWell.com/potluck*

3 20-Minute Meals Easy techniques and RD-approved convenience items get healthy meals on the table fast, so you have more time for all the other things in life. *EatingWell.com/20min*

THE EATINGWELL GOOD-LIFE GURUS

The work of these creatives is frequently showcased within our pages. Check out their 'grams for a taste of their talent—and you'll see why.

@judy.kim
Whether New York-based food stylist and recipe developer **Judy Kim** is posting a magazine cover she styled (like our October issue) or her own dinner (often made with leftovers from photo shoots), the food she shares always looks impeccable and delicious. You'll want to read her captions, too, for cooking tips, candid reflections and restaurant recommendations from wherever she's traveling.

@claudikessels
Eating Well works with contributors from around the globe, like illustrator **Claudi Kessels** from the Netherlands. She photographs objects—such as shells and plastic she collects from the beach, flowers and fruits—to incorporate into her drawings. Her feed features whimsical characters along with insight on what brought them to life in her mind. Just *try* not to smile while you scroll!

@tanveerbadal
After days-long, sunup-to-sundown assignments in breathtaking locales, travel photographer **Tanveer Badal** explores with his wife and daughter and keeps right on shooting, posting it all on Insta, "because that's my life," he says. His previous career as a journalist is part of why *Eating Well* photo director Maria Emmighausen is a fan: "He considers how his imagery helps tell the larger story."

BRIE PASSANO LINDA XIAO CLAUDI KESSELS TANVEER BADAL

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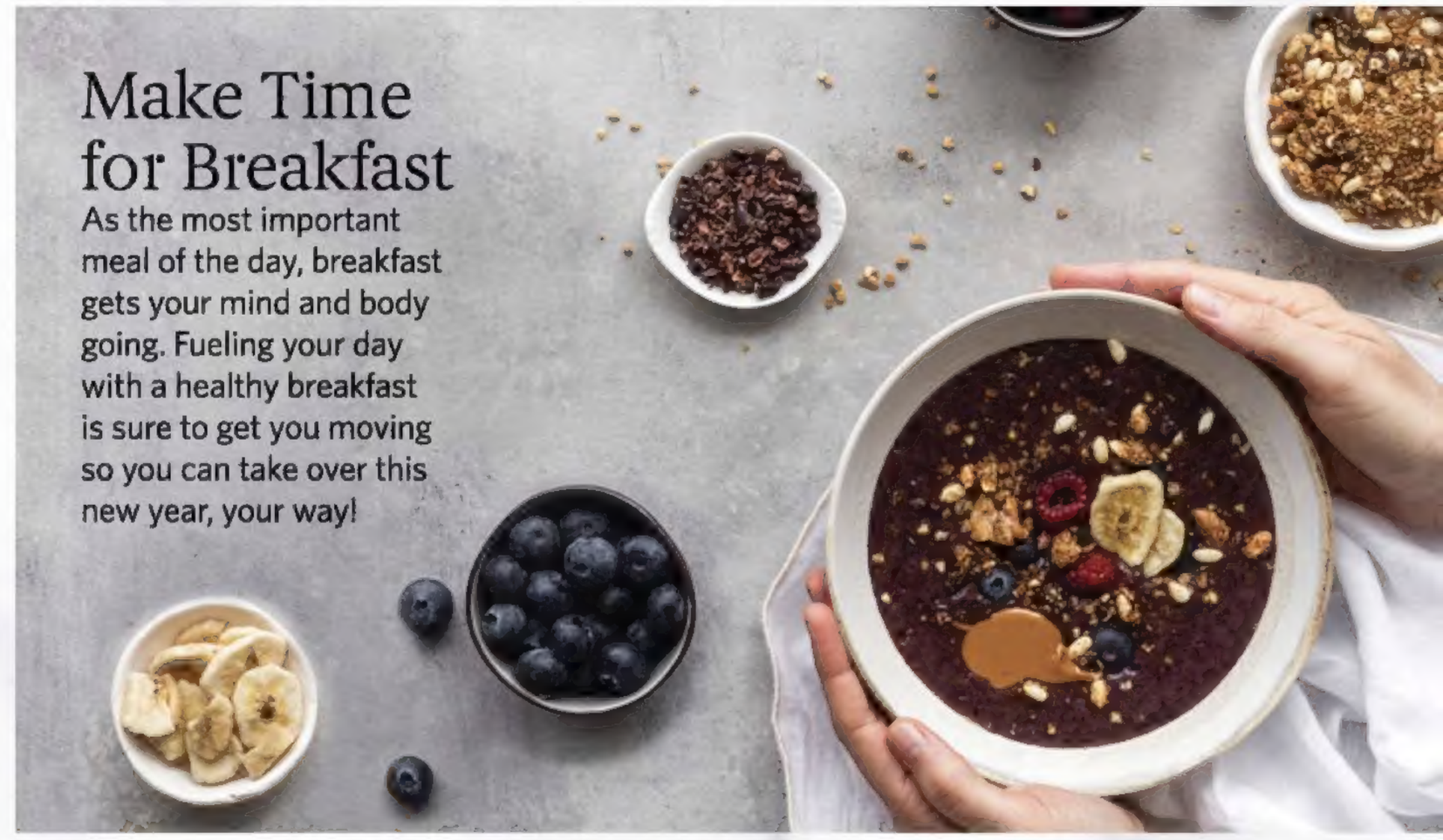

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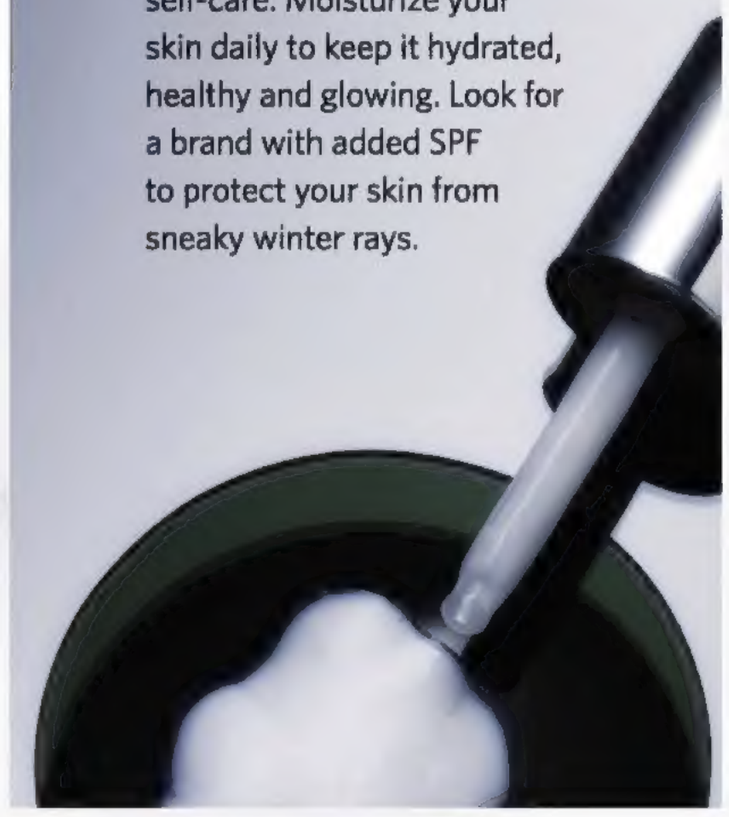

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fresh ideas for every day

Top Banana

Meet the man who has dedicated his life to studying this ubiquitous tropical fruit and grows over 200 varieties on his Hawaiian farm.
By Johanna Silver

(continued from previous page)

It's impossible to know how Gabriel Sachter-Smith's life would have turned out had he not, at age 14, learned that bananas do not grow on trees. He turned this new knowledge into a trivia question at school, and everyone pushed back, even his home economics teacher, who said, "It's my job to know these things—and bananas absolutely grow on trees." Determined, he came back with an encyclopedia entry that read: Bananas are tree-like, tropical, herbaceous plants. To which his friends responded, "Dude, that was days ago. Nobody cares."

In the 17 years since then, Sachter-Smith has never stopped learning about bananas. Did you know that they are related to ginger and bird of paradise? That there are 100-ish species native to Asia, Africa and Oceania? That all parts of the plant have been used throughout history for purposes as wide-ranging as ornamental landscaping, animal feed, alcoholic libations and flour used to make bread?

From his childhood home in chilly Nederland, Colorado (where Sachter-Smith cranked the heat and filled his parents' sunroom with banana plants purchased from mail-order nurseries), he went on to study tropical plant and soil science at the University of Hawai'i at Mānoa, keeping his studies squarely focused on this fruit. (Seriously—every

Just a few of the more than 200 banana varieties on Sachter-Smith s farm.

Musa acuminata the primary wild progenitor to most edible bananas.

term paper, no matter the class, was on bananas.) And his education and research have made him one of the leading experts on banana diversity. Sachter-Smith has even traveled around the world—to Laos, where the seeds and pink flesh of *Ensete glaucum* are used in alcohol infusions; to Yunnan, China, where the celery-like inner stems of *Mussela itinerans* are shaved into "noodles"; and to New Guinea, where the diversity in fruit and leaf color (think purples, greens and creams) is spellbinding.

Wherever he goes, Sachter-Smith returns home to the North Shore of Oahu, where he keeps a collection of more than 200 varieties on his 5-acre farm, Hawaii Banana Source. His collection includes 'Saba,' the most popular cultivar in the Philippines; 'Kandrian' from Papua New Guinea, famous for its massive size; and 'Rowe Red,' grown exclusively for the red-speckled foliage.

A breeder at heart, his goals are many, but chief among them is developing a banana resilient enough to be a viable crop for Hawaiian farmers, in hopes of rebuilding the industry. The fruit, brought to the islands on canoes by Polynesian seafarers some 1,500 years ago, was grown there for centuries until bunchy top virus decimated the commercial business in the 1990s. Hawaii, along with the rest of the U.S. and much of the world, currently imports most of its bananas from Latin America, where the industry is infamous for bulldozing rainforests, spraying chemicals and exploiting laborers. The global trade also relies heavily on the Cavendish banana, a species that is currently at risk of being wiped out by disease, underscoring the importance of Sachter-Smith's work on biodiversity and supporting local markets. Not only could bananas be an economic boost for local farmers, he sees it as a matter of cultural importance to preserve historically Hawaiian types, like Iholena, a subgroup whose orange flesh is tasty at every stage of ripeness.

Sachter-Smith also hopes to familiarize consumers with the many different types of the fruit. He currently sells organic variety boxes to local residents and hopes to expand to the mainland. He's also working on breeding a compact edible kind that's well-suited for home gardens (in frost-free climates).

We know what you're wondering—what's his favorite banana? Turns out, he doesn't really care much for eating the fruit. "Bananas are fine," he says. "What interests me is the diversity itself."

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10 Ways to Get More Fiber

This nutrient does so many good things for your body, from aiding weight management and quelling inflammation to protecting against heart disease and type 2 diabetes. Yet, only 7% of U.S. adults eat enough, according to a new American Society of Nutrition study. Not that we don't try. Problem is, we need *lots* of the stuff—25 grams a day for women, 38 for men. To really hit your quota, you'll need a decent chunk with every meal (and snack). Check out the fiber-rich foods below, along with tricks from dietitians for adding more of them to your day. **By Karen Ansel,** M.S., RDN

1 Avocados *(5 g per ⅓ avocado)*
Avocado toast and guacamole are no-brainers, but New York-based dietitian Frances Largeman-Roth, RDN, author of *Eating in Color*, likes this sweet pudding option that combines avocados with fiber-rich pumpkin puree: Beat a ripe avocado with an electric mixer until creamy. Add 1 cup unseasoned pumpkin puree, ¼ cup sugar, ½ tsp. pumpkin pie spice and ½ tsp. vanilla extract. Mix until smooth, cover with plastic wrap and refrigerate for at least 1 hour. *(Makes 4 servings, 5 g fiber each)*

2 Beets *(2 g per ½ cup)*
This root veg is a nutrient powerhouse, says Breana Killeen, M.P.H, RD, Test Kitchen manager at *EatingWell*. In addition to fiber, beets are rich in antioxidants and contain natural nitrates, which can help lower blood pressure. Try them roasted or pickled, or raw, shaved over your next taco or salad.

3 Artichokes *(5 g per ½ cup)*
Artichokes are among the highest-fiber veggies. Add canned or thawed frozen artichoke hearts to pastas, salads or sandwiches. Or whip up a batch of our Baked Feta Spinach-Artichoke Dip *(1 g per ¼ cup)* on page 48.

4 Rye Crispbreads *(5 g per 3 crackers)*
Swap your whole-wheat crackers for these crispbreads with double the fiber. Top with hummus or guacamole—which add even more grams—to take your snacking game to the next level.

5 Chickpeas *(7 g per ½ cup, cooked)*
You probably know that beans are fiber superstars, but have you considered adding them to more than just soups and salads? Vancouver-based dietitian Desiree Nielsen, RD, author of *Eat More Plants,* suggests a breakfast chickpea "scramble": Just lightly mash cooked chickpeas in a sauté pan with olive oil, and season as you would eggs.

6 Raspberries *(10 g per cup)*
They're one of the highest-fiber fruits, and Nielsen likes to make them into a jam with **chia seeds** which are also high in the nutrient *(3 g per Tbsp.)*. Try simmering 2 cups raspberries until they break down. Remove from heat and stir in 2 Tbsp. chia seeds (they'll create a gel as the jam sets). *(Makes 1 cup; 3 g fiber per 2 Tbsp.)*

7 Popcorn *(3 g per 3 cups popped)*
Get out the air popper or your old-timey stovetop popcorn maker and pop up some fiber—then get creative with your toppings. Try Killeen's favorite: toasted sesame oil and nutritional yeast.

8 Cocoa Powder *(2 g per Tbsp.)*
Surprised? It's true! So enjoy a mug of homemade hot cocoa knowing you're getting more fiber than a slice of whole-wheat bread. Whisk 2 Tbsp. unsweetened cocoa powder into 1 cup warm low-fat milk with 1 tsp. sugar. *(Makes 1 serving, 4 g fiber)*

9 Pears *(6 g for 1 medium fruit)*
Snack on fresh pears or poach them in cider and serve with whipped cream for a healthy dessert. You can also cook them to make your own "pearsauce" just the way you would applesauce, says Killeen. She recommends adding cardamom and vanilla for extra flavor.

10 Red Lentils *(8 g per ½ cup, cooked)*
Looking for a creative way to eat more lentils? Try adding them to a smoothie! Aside from fiber, they also have protein that makes a drink filling enough to be a meal. "Plus, their starch provides a nice, creamy texture," says Julie Stefanski, RDN, a spokesperson for the Academy of Nutrition and Dietetics. To save time, cook a batch in bulk, cool and store in ½-cup servings in the freezer (thaw before adding to your smoothie).

Scan with your phone s camera for our lentil smoothie recipes.

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Quit That Yapping!

Barking can be a protective perk of having a pet—a few woofs to let outsiders know you're not alone—but too much can be a nuisance. Try these tips to stop unwanted ruffing.

By Caron Golden

Dogs take their role as protectors very seriously—maybe too seriously—warning us about every neighbor, mail carrier and squirrel that ventures too close to home. "Alert barking is something that we originally wanted from dogs when we domesticated them," says Cathy Madson, a Seattle-based certified dog trainer and behavior consultant with Preventive Vet, an online pet health resource. How much your dog barks could be due to their breed or unique personality, but it may also be caused by boredom, anxiety or loneliness, says Russell Hartstein of Fun Paw Care Dog Training in Los Angeles. Whatever the reason, here are some ways to keep barking at bay.

Manage the environment. An obvious—but effective—strategy is to separate your dog from triggers as much as possible. For example, keep your pet away from windows by closing curtains, moving furniture or putting up a pen. If sounds are what set off your pooch, Madson and Hartstein suggest masking them with a fan, the TV or music.

Don't yell back. "If we start yelling at our dogs to be quiet, they just think we're barking with them," says Madson. Also, ditch the spray bottles, shaker cans and bark collars, she insists. It only creates a negative association with what's causing the behavior that can lead to fear barking.

Teach "speak" and "quiet" cues. It may seem counterintuitive to train your dog to "speak," says Madson, but speak and quiet are paired cues—once your dog learns how to bark on command, it's easier to teach him to stop on command. Be sure to reward with something so amazing that he'll listen to you, even when the doorbell rings.

Desensitize your dog to triggers. Madson uses a method she calls "open bar, closed bar." She selects a situation in which the dog might bark, like a delivery truck arriving. "When that truck appears, I will start feeding the dog treats while it is in view," she explains. "When it's gone, no more treats." Eventually, the truck arriving creates a positive response.

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Beyond Garden Variety

There's no better way to beat the winter blues than to start shopping for seeds for your spring garden. We love supporting smaller industry players with lesser-known cultivars (and flavors!) that offer greater genetic diversity, essential to creating a resilient food system in the face of our changing climate. So, this year, consider snagging seeds from one of these four sellers. **By Johanna Silver**

KITAZAWA SEED CO.

Gijiu Kitazawa, who was born in Japan, started his seed company in 1917 in San Jose, California, to supply other immigrants with seeds for traditional Asian produce that wasn't available in U.S. markets. Now based in Oakland, the company serves as a distributor for small seed producers in Japan, Taiwan, Vietnam, Thailand and the U.S. In its catalog, you'll find some familiar staples, like edamame and daikon, plus lesser-known cultivars, including a whopping 10 varieties of perilla, and fresh herbs, including Chinese celery, Japanese parsley (mitsuba) and Vietnamese mint (kinh gioi). *(kitazawaseed.com)*

NATIVE SEEDS/SEARCH

This Tucson, Arizona-based nonprofit was originally founded to support the Tohono O'odham Nation in establishing gardens. Today, 70% of the seeds in its seedbank come from some 50 different Indigenous communities. The collection of nearly 2,000 cultivars, such as beans, corn (many types of flint, popcorn and sweet), peppers, squash and sunflowers, are adapted to grow in the arid Southwest, where water is scarce and summer temperatures get so hot that many other plants actually stop growing. *(nativeseeds.org)*

SOUTHERN EXPOSURE SEED EXCHANGE

In the rolling hills of central Virginia lies Southern Exposure Seed Exchange, a 72-acre cooperative farm. In its catalog you'll find around 800 varieties of vegetables, flowers, herbs and grains, including heirloom varieties of Southern favorites, such as peanuts, collards, okra, turnip greens and butter beans. More than 98% of the seeds they offer are open-pollinated, meaning you can save the seeds and grow them again next year, allowing the cultivar to continue adapting to unique local conditions. *(southernexposure.com)*

UPRISING SEEDS

Husband-and-wife duo Brian Campbell and Crystine Goldberg started their company in 2007 to offer plant varieties especially suited to the maritime Northwest. They grow about three-quarters of their non-GMO, open-pollinated seeds on their own 100% certified organic farm—a real rarity in the seed world—and partner with other Northwestern growers for the rest. Their years of testing to see which cultivars do well in this area have yielded some amazing results, such as Blacktail Mountain watermelon, which grows big and sweet, no matter how cold and rainy the growing season is. *(uprisingorganics.com)*

JULIE GOLDSTONE; STYLING BY MOLLY VELTE

SONYA REVELL

Recipe for Change

This chef is on a mission to tackle health disparities in Black communities, one cooking class at a time. By Stephanie Gravelese

Black women in America experience higher rates of chronic conditions such as heart disease and type 2 diabetes, and these disparities start at a young age—Black girls age 6 to 11 are twice as likely to experience obesity as their white counterparts. These bleak statistics are what motivated Baltimore-based chef Nichole Mooney to create Black Girls Cook, a program that helps adolescent girls of color learn about healthy food through culinary training and urban farming.

Mooney first piloted the program in 2014 in the Bronx, where she saw lack of access to healthy foods and cooking skills as key issues contributing to health disparities in the Black community. She now runs the program in her hometown of Baltimore, Maryland, where local Black female chefs teach everything from basic knife skills to how to break down a whole chicken during the 6-week course. She's also added an Edible Gardening program, where the girls get hands-on experience learning where their food comes from and gain entrepreneurial skills by selling the produce they grow at the farm stand. And to address issues the girls face outside the kitchen, she has incorporated life-skills workshops like career planning, budgeting and goal-setting. "Because the culinary industry is predominantly white men, we make a conscious effort to have all cooking, gardening and life-skills sessions led by women of color excelling in their respective careers. It's imperative that girls see successful women who look like them and have grown up in communities like theirs," says Mooney.

Since its founding, Black Girls Cook has helped over 300 inner-city girls and their families live healthier lives, with some returning year after year. One alum of the program, Aaliyah Burris, currently a high school junior, was even inspired to turn her love of cooking into a career. In addition to learning how to make healthier versions of her favorite foods, "BGC taught me skills—how to do things like a professional instead of a home cook," she says. Building on this foundation, she's working on her culinary arts certification, and has joined BGC as their first youth culinary instructor.

> "It's imperative that girls see successful women who look like them and have grown up in communities like theirs."
>
> NICHOLE MOONEY
> FOUNDER BLACK GIRLS COOK *(left)*

The program went virtual in 2020 during the pandemic, a pivot that had a surprising side benefit. "It went from us just teaching the girls how to prepare meals, to being a family engagement opportunity," says Mooney. "We got to see the moms and the aunties and the dads and siblings in the background, either helping them prepare the dish or coming into the frame when it was time to eat!"

For safety and health precautions, the program will remain virtual for the time being, but that's not slowing its growth. Mooney is currently expanding it to Miami and hopes to reach more cites in the future. "Health disparities are an issue in every major city across the country," says Mooney. "Providing hands-on culinary and gardening classes to adolescent girls of color helps them develop a better relationship with food while reducing their chances of becoming another statistic."

Wait! So Butter Is OK Now?

What the latest science says about saturated fats.
By Brierley Horton, M.S., RD

Fat has a long-standing identity crisis. In the '90s, all of it was bad. Later, only some types were unhealthy, while others were good. (Looking at you, avocado.) More recently, it seems like most fats are back on the table, with headlines celebrating butter, coconut oil and other formerly vilified saturated fats. Confusing, right?

Some of the pro-butter news has stemmed from several recent meta-analyses of large observational studies that found no link between saturated fat intake and heart disease. Plus, meta-analyses of randomized controlled trials (the gold standard for research) reported inconsistent results, but leaned toward a lack of an association.

Despite this research, the Dietary Guidelines for Americans still recommends limiting saturated fat intake to less than 10% of your daily calories (a target that only a quarter of Americans are hitting, by the way). Why? Because balance is important. "Saturated fats aren't intrinsically bad, but modern diets tend to deliver too much, and an excess is bad," says David L. Katz, M.D., M.P.H., an *EatingWell* advisory board member and president of the True Health Initiative, a nonprofit coalition of medical experts aimed at preventing chronic diseases. So there's no need to eliminate saturated fat from your diet, just don't go overboard—and be mindful of what you eat instead. "Discrepancies between studies are often due to differences in the comparison or the saturated fat replacement," explains Barbara Schneeman, Ph.D., a professor emerita in the department of nutrition at the University of California, Davis. In other words, whether saturated fat is good, bad or immaterial depends on what you're comparing it to. "And we now have a better understanding of what should replace saturated fats in the diet," she adds.

Look to unsaturated fats—as they have been shown to lower your risk of dying from cardiovascular disease. While they're all heart-healthy, a study published in the journal *Nutrition, Metabolism & Cardiovascular Disease* found that polyunsaturated fats (soybean and corn oil are good sources), and especially omega-3 polyunsaturated fats (found in fatty fish, walnuts and flaxseeds), are particularly beneficial.

And be careful not to trade saturated-fat-heavy foods for those with added sugars or other ultra-refined carbs. "The best available evidence suggests that saturated fats from meats and dairy are almost identically as harmful as added sugars," says Katz. (That's why the fat-free craze of the '90s was such bad news: food companies stripped out both saturated and unsaturated fats and then pumped up flavor with sweeteners and other refined carbs.)

The bottom line: "A better way of looking at this than which fat is good and which is bad is: What foods make your overall diet and health better?" suggests Katz. You already know the answer: vegetables, fruits, legumes, whole grains, seafood, nuts and seeds, all of which are not significant sources of saturated fat. And stock your pantry with a variety of fats and oils for cooking (yes, even butter!). They each have unique culinary uses, and they'll provide a good mix of fatty acids in your diet.

Scan with your phone s camera to see the top 10 sources of saturated fat in our diets.

CSA-PRINTSTOCK/GETTY IMAGES

love your

HEART

Drinking unsweetened Lipton black and green tea every day can help support a healthy heart.* Go on, make your heart smile one cup at a time

American Heart Association.
Life is Why
Lipton is a proud national Life is Why sponsor*
CAN HELP SUPPORT A HEALTHY HEART
Lipton
100% NATURAL
GREEN TEA
0 CALORIES PER TEA BAG
NET WT 1.05 OZ (30g)
American Heart Association.
Life is Why
Lipton is a proud national Life is Why sponsor*
CAN HELP SUPPORT A HEALTHY HEART
Lipton
AMERICA'S FAVORITE TEA
BLACK TEA
PICKED AT THE PEAK OF FRESHNESS.
NATURALLY SMOOTH TASTE.
100 TEA BAGS
NET WT 8 OZ (226g)
0 CALORIES PER TEA BAG

Tea is one of the best sources of flavonoids in the diet. Flavonoids are natural dietary compounds, which have been associated with heart health benefits.

Lipton

STOP CHUGGIN'
START SIPPIN'

*Unsweetened Lipton Black Tea and Green Tea contain about 170mg and 150mg of flavonoids per serving respectively, no calories, no added sugars and they are 99.5% water. The American Heart Association's relationship is limited to unsweetened Lipton Black Tea and Green Tea.

The Big Problem with BMI

This simple number carries a lot of weight, but research shows it's not a good indicator of your health. By Donavyn Co ey

Body mass index (BMI) is foundational in health care around the world today. The simple equation of weight relative to height may be used to determine your risk for certain diseases, your insurance premiums and even whether or not you qualify for certain medical procedures. But researchers have been questioning the value of BMI in individual health assessment for a while now—and more recently, body-positivity advocates have implicated its contributing role in weight bias and racism in health care, which has more people than ever asking: Should we be using BMI at all?

This formula—used as a proxy for body fat—was actually never intended to measure individual health. It was developed in the early 1800s to study weight variations across entire populations. "BMI is a rigid number based on old data," says Fatima Stanford, M.D., an obesity physician at Massachusetts General Hospital and Harvard Medical School. And it's far from perfect in terms of the cuto s designed to indicate risk, adds Diana Thomas, Ph.D., a professor of mathematics and obesity researcher at the United States Military Academy at West Point. A study published in the *International Journal of Obesity* estimated that more than 74 million American adults were miscategorized as "unhealthy" or "healthy" based on their BMI alone. Nearly half of people considered overweight and 29% of those categorized as obese were actually metabolically healthy—meaning their blood pressure, cholesterol and blood glucose were all normal. Meanwhile, 30% of those considered "normal weight" had metabolic or heart issues.

Part of the problem is that BMI can't di erentiate between weight from fat and muscle. So bodybuilders and elite athletes with high muscle mass may be categorized as overweight or obese. And even among people who do have higher body fat, BMI doesn't tell physicians anything about how it's distributed—a key connection to disease risk. Subcutaneous fat around the hips, thighs and buttocks is not as dangerous or as tightly linked to conditions like heart disease and type 2 diabetes as visceral fat in the abdomen.

Furthermore, BMI cuto s are largely based on data from Western populations—predominantly Caucasian males—making it problematic to apply this measurement to the diverse U.S. population. There's growing evidence that body composition varies between races and ethnicities. African Americans, for example, are likely to carry more subcutaneous fat than their white counterparts who tend to have more visceral fat, says Stanford. A study published in the journal *Obesity* showed that, for Black adults in the U.S., having a higher BMI (25 and over) did not carry the same risk of death as it did in white adults. And there's research showing that people of Asian descent tend to have more body fat—and particularly visceral fat—compared to other racial and ethnic groups with the same BMI, putting them at an increased risk of type 2 diabetes, hypertension and cardiovascular disease at a lower BMI. Some experts argue that the cuto for normal weight in Asian and South Asian groups should be set as low as 22, says Thomas.

Leaning too heavily on BMI, Stanford says, prevents good, individualized patient care. For instance, some procedures, like bariatric surgery, may only be covered by insurance for people above a certain BMI, even if someone's doctor has determined they're otherwise a good candidate.

Regardless of the BMI category you fall into, it's important to find a doctor who will go beyond the number to get a holistic picture of your health. Because despite the stigma that people with a higher BMI have a greater risk for a number of diseases than thinner people, the research shows it's not that simple.

ILLUSTRATION BY LIBBY VANDERPLOEG

What to Know About Immunity

Keeping your body s inner army strong can help guard against the common cold flu and COVID-19. Here s what will—and won t—boost your immune system. By Jessica Migala

ANDREA VAN DER SPUY/OFFSET.COM

TRUE

Your body s defenses weaken with age. Research shows that as more candles top your birthday cake immune function begins to decline leaving adults over age 65 more vulnerable to severe illness from viral and bacterial infections. (There s a science-y term for this process: immunosenescence.) You have fewer circulating immune cells and changes to those you do have make them slower to respond to infectious invaders. To bolster your defenses exercise regularly eat a well-balanced diet avoid smoking and drinking too much alcohol and stay up to date on vaccines.

SOURCE: IMMUN AGEING. 2019 SEP 13; 16:25

MOSTLY TRUE

Probiotics boost immune function. The microbiome plays a key role in a strong resilient immune system. A recent review found that probiotic supplements (which contain strains of good gut bacteria) decreased the risk of becoming sick with a respiratory infection and shortened its duration among those who did come down with one. Probiotics may activate immune cells that fight viruses reduce inflammation and kick out bad bacteria in your GI system that could open the door to illness. However this mechanism isn t fully understood and higher-quality clinical studies are needed. Plus the benefits may only apply to specific strains of bacteria and not all probiotics are necessarily effective.

SOURCE: NUTRIENTS. 2020 OCT; 12(10): 3163

MOSTLY FALSE

A megadose of C can quash a cold. This vitamin does play an important role in immune function. But at the first sign of sniffles don t run to the drugstore to load up on C—high-dose supplements won t prevent or shorten the duration of a cold according to a review published in *Frontiers in Immunology*. (Plus there s only so much vitamin C your body can absorb in one sitting you ll simply urinate out any excess.) Some exceptions: Competitive athletes (intense physical stress can lower immunity) and those with metabolic disorders or heart disease may want to take up to 1 gram of vitamin C daily—these groups are more susceptible to viral infections and may benefit from an extra boost of C the review notes. Everyone else can skip the supplement and opt for C-rich foods instead like strawberries bell peppers kiwi broccoli citrus and potatoes.

SOURCE: FRONT IMMUNOL. 2020 OCT 28;11:574029

FALSE

Sleep has little impact on immunity. Rest is one of the top recos for recovering from a cold but it s also vital to preventing them. Immune function is closely tied to sleep and circadian rhythms (your body s internal clock) and inadequate shut-eye can leave you more susceptible to infection. In one experimental study participants who got less than 6 hours of sleep a night for one week were four times more likely to get sick after exposure to a cold virus than those who got at least 7 hours. Other research has found that adequate rest may improve immune response following vaccinations. Just one more reason to get more zzz s!

SOURCES: PHYSIOL REV. 2019 JUL 1; 99(3): 1325–1380; SLEEP. 2015 SEP 1; 38(9): 1353–1359.

Scan with your phone's camera for immune-boosting smoothie recipes.

Scents of Wellness

A fragrance is more than a smell—it's a feeling. That may sound like marketing speak, but it's actually true. When inhaled, scent molecules travel from the olfactory nerves in your nose directly to the amygdala—the part of your brain where emotions are generated. (The surge in perfume sales during the pandemic has been credited to fragrance's ability to take us on a mental escape, to lift our spirits.) Research has established many scent-mood links: Lavender elicits feelings of calm. Citrus reduces anxiety. A whiff of vanilla bean increases feelings of joy. Rose improves mood among those who are depressed. These pampering products we've—yes—sniffed out all employ scents like these designed to bring a little happy to your day.

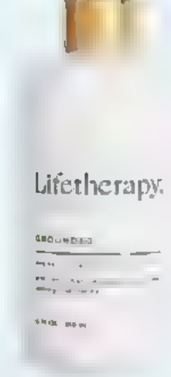
By Christina Vercelletto

Eos Flavor Lab Dream Balm

The hit of vanilla and cinnamon you get as you swipe on this lip soother is both happifying and homey—like something great is baking. Sustainable, wild-grown shea butter accounts for the balm's trademark smoothness. *($5/2-pack, target.com)*

Uma Pure Calm Wellness Candle

Reviewers rave about this calming candle. What makes it sublime? The organic essential oils—chamomile, lavender, vetiver, rose and geranium—from plants sustainably grown on a centuries-old family farm. Consider it a flickering chill pill. *($68; goop.com)*

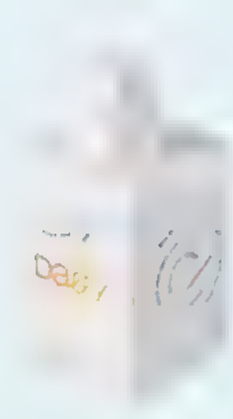


Lifetherapy Grounded Hydrating Body Lotion

It's loaded with hydrating shea butter, almond oil and sunflower seed oil, and has an aroma that aims to leave you "centered and at peace." That would be thanks to the notes of amber, vanilla, rose and heliotrope flower. Ah, clarity without an *Eat Pray Love* trip. *($28, lifetherapy.com)*

Linné Botanicals Rise & Rest Functional Fragrance

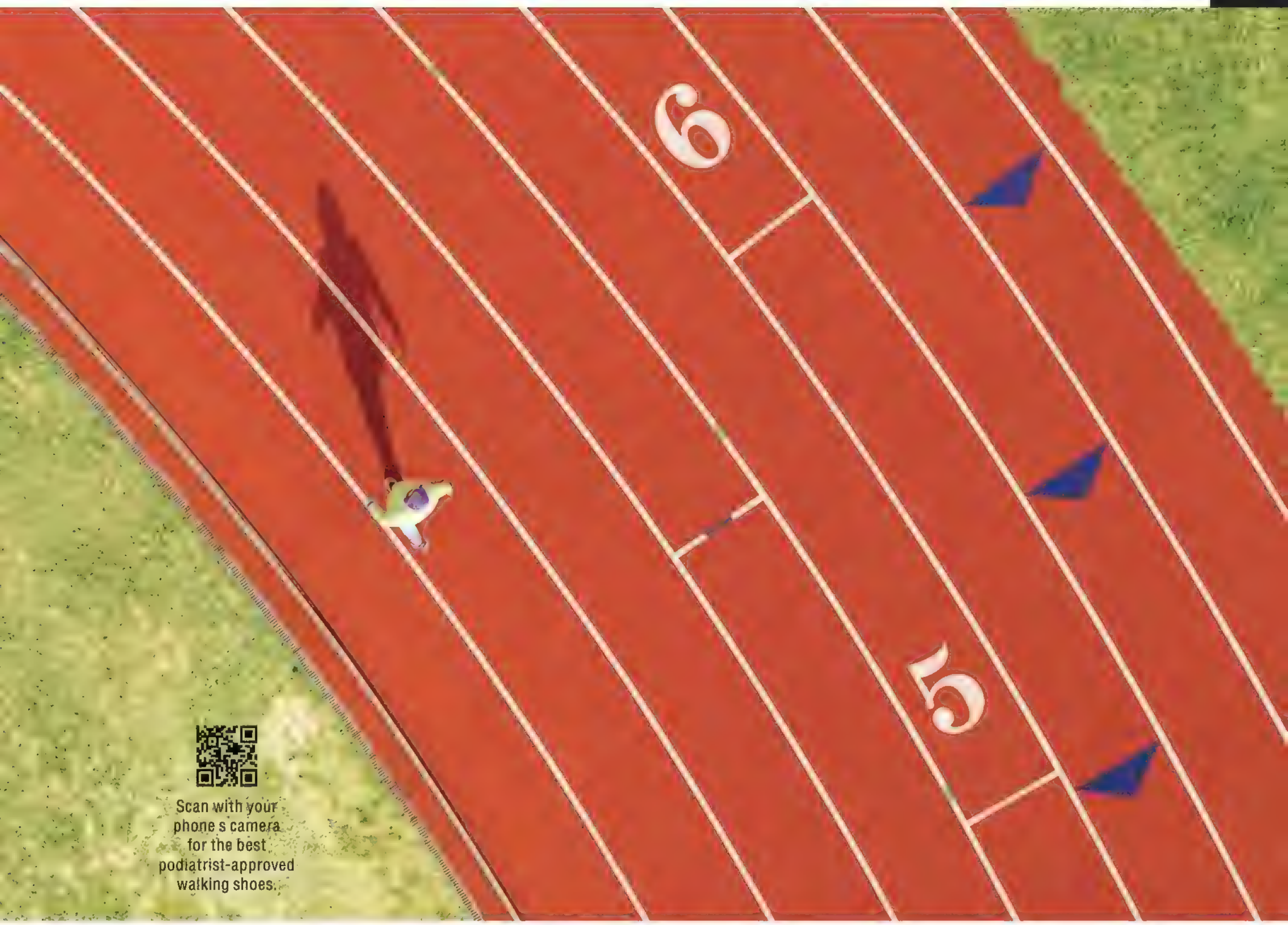
This aromatherapeutic duo works in tandem to bracket your day with good vibes. The Rise scent has black pepper and orange to stimulate alertness, while Rest promotes tranquility with organic lavender and wild-harvested frankincense. *($86, linnebotanicals.com)*



Dally Slowdown Rolling Wave Botanical Hand Wash

Made in small batches in New York, this wash nourishes chapped hands with restorative sea salt, and its infusion of peppermint, eucalyptus, lavender, coriander and rosemary will soothe your soul, too. *($21, dallygoods.com)*

KATE MATHIS/OFFSET.COM



Stroll Smarter

Expert tips for making sure you stay on pace to get the results you want from your workout. By Karen Asp

It's a no-brainer that exercising is more fun with friends, and there's evidence that buddies can help you stick with your workouts, be more active and lose significantly more pounds than those who sweat solo (just ask chef Virginia Willis, whose weight-loss story is on page 58). "When you know someone else is counting on you or will hold you accountable, it can be easier to commit to a walking routine," says Libby Richards, Ph.D., RN, an associate professor at the Purdue University School of Nursing in West Lafayette, Indiana.

Yet those pals come with a caveat: They could slow you down. In a study Richards published in the journal *Gait & Posture*, she and her team examined the walking speed of 72 couples ranging in age from 25 to 79 and found that both partners slowed their pace when they were together, which may lead to diminishing returns—fewer calories burned, a less rigorous cardio workout. Here are some ways you can combat that plodding pace and get more out of your buddy walks:

1 Go Off-Road. Moving your walks to varied terrain like grass or dirt requires you to use different muscles that can strengthen your core and improve balance, something you don't get from walking on asphalt, explains Richards. Choosing a route with some gradual hills can amp up the challenge even more.

2 Add Some Weight. Make your walk more challenging by adding a weighted vest (or wear a backpack) to increase the load your body is carrying. Add no more than 5% of your body weight to start and spend only a few minutes walking in it at a time until your body gets used to it, Richards says.

3 Go Fast *and* Slow. Dave McGovern, 15-time U.S. Champion race walker and author of *The Complete Guide to Competitive Walking*, likes doing "turns and straights" on a school track, where you alternate between easy strolling on the turns and full-tilt walking sprints on the straightaways.

4 Work on Form. Perfecting your gait and posture will inherently help you move faster, McGovern says. Follow these three tips: Take shorter, faster steps. Land on your heels and roll all the way through the tips of your toes. And, finally, be sure to bend your arms at 90-degree angles, vigorously driving them behind your body while keeping the arm swings short in front of the body.

5 Up Your Walk Time. A slower, longer workout can be just as effective as a faster, shorter one, says Richards. And hey, it means more time to chitchat too.

© CALEB KENNA/OFFSET.COM

Listen to the wind.

The water.

The asthma attack that doesn't happen.

IMPORTANT SAFETY INFORMATION

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

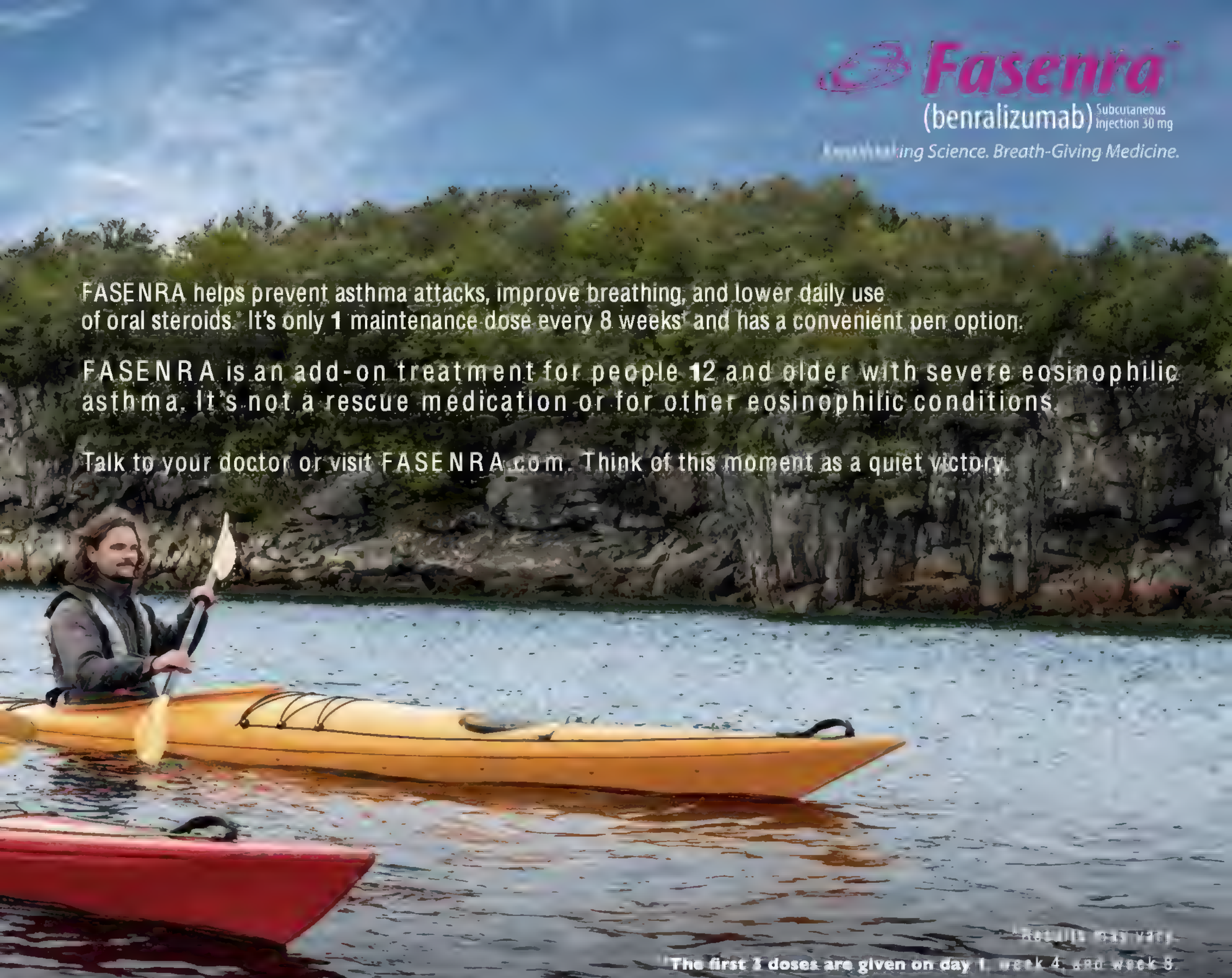
Do not use to treat sudden breathing problems.

FASENRA may cause serious side effects, including:

- allergic (hypersensitivity) reactions, including anaphylaxis. Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. Do not stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.


Fasenra
(benralizumab) Subcutaneous injection 30 mg
ing Science. Breath-Giving Medicine.
FASENRA helps prevent asthma attacks, improve breathing, and lower daily use of oral steroids.* It's only 1 maintenance dose every 8 weeks† and has a convenient pen option.
FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.
Talk to your doctor or visit FASENRA.com. Think of this moment as a quiet victory.
The first 3 doses are given on day 1, week 4, and week 8.

- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

Do not stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

The most common side effects of FASENRA include: headache and sore throat. These are not all the possible side effects of FASENRA.

APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Prescribing Information on adjacent page.

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IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. Do not stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Do not stop taking your other asthma medicines unless your healthcare provider tells you to.

How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time **every 4 weeks for the first 3 doses, and then every 8 weeks.**
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose **prefilled syringe.**
- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. Do not try to inject FASENRA until you have been shown the right way by your healthcare provider. See the detailed "Instructions for Use" that comes with FASENRA PEN for information on how to prepare and inject FASENRA.
- If you miss a dose of FASENRA, call your healthcare provider.

What are the possible side effects of FASENRA?

FASENRA may cause serious side effects, including:

- allergic (hypersensitivity) reactions, including anaphylaxis. Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

The most common side effects of FASENRA include headache and sore throat.

These are not all the possible side effects of FASENRA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) for up to 14 days.
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- Keep FASENRA and all medicines out of the reach of children.

What are the ingredients in FASENRA?

Active ingredient: benralizumab

Inactive ingredients: L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20, α,α-trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive. Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at www.fasenra.com.

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Manufactured for: AstraZeneca LP, Wilmington, DE 19850

8/21 US-55818

For more information, visit FASENRA.com
Or call 1-800-236-9933

Fasenra®
(benralizumab) Subcutaneous injection 30 mg

AstraZeneca

dinner tonight

Curry IN A Hurry

20 EASY Healthy recipes

Tofu, Cauliflower & Sweet Potato Green Curry, next page

Photography by Greg DuPree

Styling by Ali Ramee (food), Christine Keely (props)

Illustrations by Emma Dibben

PICK YOUR KICK

Curry paste comes in many varieties but 3 are very widely available—yellow being the mildest red in the middle and green at the top of the spiciness range featuring chiles and fresh green herbs. Here are three brands of green curry paste that we like.

THAI KITCHEN
Lime peel gives this on-the-mild-side paste bright flavor.

MAESRI
The spiciest on our list it gets nice sharp flavor from garlic ginger and shallot.

MIKE S ORGANIC CURRY LOVE
Lemongrass and galangal (a citrusy rhizome in the ginger family) load this one with aromatic flavor.

Tofu, Cauliflower & Sweet Potato Green Curry

ACTIVE: 25 min TOTAL: 35 min

Serve this vegetable-loaded curry with brown rice to absorb every last bit of the coconut-based sauce.

- 2 tablespoons peanut oil
- 1 14-ounce package extra-firm tofu drained and cut into 1-inch pieces
- 2 tablespoons green curry paste *(see left)*
- 1 14-ounce can light coconut milk
- 1 tablespoon fish sauce
- 3 cups cauliflower florets
- 1 medium sweet potato cut into 1-inch pieces
- 2 scallions sliced whites and greens divided
- 1 tablespoon lime juice plus lime wedges for serving
- Chopped fresh cilantro for garnish

1. Heat oil in a large flat-bottom wok or cast-iron skillet over medium-high heat. Pat tofu dry and add to the pan. Cook in a single layer, until browned on the bottom, about 4 minutes. Gently stir and continue cooking, stirring occasionally, until browned on all sides, about 4 minutes more. Transfer to a plate.

2. Add curry paste to the pan and cook, stirring, for 1 minute. Stir in coconut milk and fish sauce and bring to a simmer. Add cauliflower, sweet potato and scallion whites. Reduce heat to maintain a simmer, cover and cook until the vegetables are tender, 12 to 14 minutes. Stir in the tofu and lime juice.

3. Garnish with scallion greens and cilantro and serve with lime wedges, if desired.

SERVES 4: 1¾ cups each
Cal 284 Fat 18g (sat 7g) Chol 0mg Carbs 18g Total sugars 5g (added 0g) Protein 14g Fiber 6g Sodium 795mg Potassium 388mg.

RECIPE BY BREANA LAI KILLEEN

COZI Family Organizer

Goodbye Chaos.
Hello Cozi.

Cozi is the #1 family organizing app

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Roast Salmon with Kumquat-Pineapple Chutney

ACTIVE: 15 min TOTAL: 35 min

TO MAKE AHEAD: Refrigerate chutney (Step 2) for up to 4 days.

Bird s eye chile also known as Thai red chile adds a punch of heat to this chutney. If your store doesn t have one a serrano will work too.

- 1 tablespoon canola oil
- ½ cup finely diced red onion
- 10 ounces kumquats *(see Tip)* sliced and seeded
- 2 cups diced pineapple
- ½ cup golden raisins
- ¼ cup white-wine vinegar
- ¼ cup lemon juice
- 4 tablespoons honey divided
- ½ teaspoon ground coriander
- 1 bird s eye chile sliced
- 1 teaspoon ground pepper divided
- ¾ teaspoon salt divided
- 2½ pounds skin-on salmon fillet
- 1 tablespoon Dijon mustard

1. Position rack in upper third of oven; preheat to 450°F.

2. Heat oil in a medium saucepan over medium heat. Add onion and cook, stirring often, until softened, about 5 minutes. Add kumquats, pineapple, raisins, vinegar, lemon juice, 2 tablespoons honey, coriander, chile and ½ teaspoon each pepper and salt. Bring to a boil. Adjust heat to maintain a simmer and cook, stirring often, until the chutney has thickened, about 15 minutes.

3. Meanwhile, pat salmon dry and place on a rimmed baking sheet, skin-side down. Stir mustard, the remaining 2 tablespoons honey, ½ teaspoon pepper and ¼ teaspoon salt in a small bowl and brush over the salmon. Bake until the salmon is almost done, 8 to 12 minutes, depending on thickness. Switch the broiler to high and broil until the salmon is lightly browned and flakes easily with a fork, about 3 minutes. Serve with the chutney.

SERVES 8: 4 oz. salmon & ⅓ cup chutney each
Cal 332 Fat 8g (sat 2g) Chol 78mg Carbs 30g Total sugars 22g (added 8g) Protein 35g Fiber 4g Sodium 352mg Potassium 853mg.

VITAMIN POWERHOUSE

Kumquats are an excellent source of vitamin C and the edible skin—chock-full of antioxidants and fiber—makes them a nutrient superstar. They re available all winter but if you can t find them substitute with the segments of 2 large navel oranges.

RECIPE BY LAURA KANYA

Cheesy Cauliflower & Sweet Potato Chowder

ACTIVE: 25 min **TOTAL:** 35 min

A touch of vinegar stirred in at the end of cooking adds just enough acidity to cut through the rich broth in this creamy soup.

- **2 tablespoons extra-virgin olive oil**
- **1 cup chopped onion**
- **½ cup chopped carrot**
- **½ cup chopped celery**
- **2 cups cauliflower florets**
- **1 cup diced sweet potato**
- **2 teaspoons chopped fresh thyme**
- **1 bay leaf**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**
- **¼ cup whole-wheat flour**
- **2 cups low-sodium no-chicken broth *or* vegetable broth**
- **2 cups reduced-fat milk**
- **1 cup shredded Cheddar cheese, plus more for garnish**
- **¾ cup frozen corn kernels**
- **1 teaspoon white-wine vinegar**

1. Heat oil in a large pot over medium heat. Add onion, carrot and celery; cook, stirring, until soft, about 5 minutes. Add cauliflower, sweet potato, thyme, bay leaf, salt and pepper. Cook, stirring occasionally, for 3 minutes. Sprinkle flour over the vegetables and cook, stirring, for 1 minute. Add broth and milk and bring to a simmer. Adjust heat to maintain a simmer, cover and cook until the vegetables are soft, about 10 minutes.
2. Stir in cheese, corn and vinegar. Cook, stirring, until the cheese is melted and the corn is hot, about 3 minutes more. Discard the bay leaf. Serve sprinkled with more cheese, if desired.

SERVES 5: generous 1 cup each

Cal 293 **Fat** 16g (sat 6g) **Chol** 30mg **Carbs** 28g **Total sugars** 10g (added 0g) **Protein** 12g **Fiber** 4g **Sodium** 529mg **Potassium** 584mg.

RECIPE BY BRIANA LAI KITCHEN

A BOWL WITH BENEFITS

Warm and comforting this soup boasts a bunch of nutritious ingredients that are also linked to reduced breast cancer risk including onion corn and cauliflower.

Garlic-Herb Roast Pork Tenderloin with Parsnip Puree & Kale

ACTIVE: 40 min TOTAL: 50 min

Here we blitz parsnips with milk and butter for a flavorful alternative to mashed potatoes to go with the pork and greens.

- 1 pound parsnips peeled and sliced
- 1 cup whole milk
- 2 tablespoons unsalted butter
- ¾ teaspoon salt divided
- ¾ teaspoon ground white pepper divided
- 1 tablespoon finely chopped fresh rosemary
- 1 tablespoon finely chopped fresh thyme
- 3 cloves garlic minced divided
- 1 pound pork tenderloin
- 2 tablespoons extra-virgin olive oil divided
- 10 cups chopped kale

1. Preheat oven to 425°F
2. Combine parsnips, milk, butter and ¼ teaspoon each salt and pepper in a small saucepan. Bring to a simmer, cover and cook until the parsnips are tender, about 15 minutes. Let cool for 5 minutes. Transfer the parsnips and cooking liquid to a food processor and process until smooth. Return the mixture to the pan and cover to keep warm.
3. Meanwhile, combine rosemary, thyme and 2 cloves garlic on a cutting board. Rub pork with 1 tablespoon oil and roll in the herb mixture. Sprinkle with ¼ teaspoon each salt and pepper. Heat a large ovenproof skillet over medium-high heat and add the pork. Cook until browned on all sides, about 4 minutes total (adjust heat as necessary to avoid burning the garlic). Transfer the pan to the oven. Roast until the internal temperature of the pork registers 145°F, 12 to 18 minutes. Transfer the pork to a clean cutting board and let rest for 5 minutes.
4. While the pork rests, add the remaining 1 tablespoon oil to the drippings in the pan (remember, the handle will be hot) and return to medium-high heat. Add kale and cook, stirring occasionally, until just wilted, about 5 minutes. Stir in the remaining 1 clove garlic and ¼ teaspoon each salt and pepper.
5. Slice the pork and serve with the parsnip puree and kale.

SERVES 4: 3 oz. pork, ¾ cup kale & ⅔ cup parsnip puree each

Cal 402 Fat 19g (sat 7g) Chol 95mg Carbs 29g Total sugars 10g (added 0g) Protein 32g Fiber 9g Sodium 586mg Potassium 1,470mg.

PAIR IT!

The 2020 Sokol Blosser Evolution Chardonnay Willamette Valley Oregon ($20) has buttery undertones with hints of apple—a perfect match for the pork and hearty parsnip puree.

RECIPE BY ADAM DOLGE

Cashew Chicken Lettuce Wraps

ACTIVE: 25 min **TOTAL:** 25 min

TO MAKE AHEAD: Refrigerate filling (Steps 1-2) airtight for up to 2 days.

This recipe produces a large batch of sweet-and-spicy chicken studded with crunchy cashews and celery—making it great for easy weeknight entertaining or meal prepping.

- **2 tablespoons canola oil, divided**
- **½ cup sliced scallions, plus more for garnish**
- **¼ cup sliced shallot**
- **2 tablespoons grated fresh ginger**
- **2 pounds ground chicken *or* turkey**
- **¾ cup unsalted cashews *or* peanuts, toasted**
- **½ cup thinly sliced celery**
- **½ cup no-salt-added chicken broth**
- **1 tablespoon cornstarch**
- **2 tablespoons lime juice, plus lime wedges for serving**
- **2 tablespoons brown sugar**
- **2 tablespoons chile-garlic sauce**
- **2 tablespoons 50%-less-sodium tamari**
- **1 tablespoon toasted sesame oil**
- **16 leaves Boston *or* Bibb lettuce**
- **Toasted sesame seeds & thinly sliced bird's eye chiles for garnish**

1. Heat 1 tablespoon canola oil in a large flat-bottom wok or cast-iron skillet over medium-low heat until shimmering. Add scallions shallot and ginger and cook stirring occasionally until starting to soften 2 to 4 minutes. Increase heat to high and add the remaining 1 tablespoon canola oil and chicken (or turkey). Cook breaking up with a wooden spoon until no longer pink and most of the liquid has evaporated about 8 minutes. Add nuts and celery and cook stirring occasionally until the celery is soft about 3 minutes more.
2. Whisk broth and cornstarch in a medium bowl until smooth. Whisk in lime juice brown sugar chile-garlic sauce tamari and sesame oil. Add to the pan and cook stirring frequently until the sauce thickens about 3 minutes.
3. Serve about cup filling in each lettuce leaf. Garnish with scallions sesame seeds and/or chiles and serve with lime wedges if desired.

SERVES 8: 2 lettuce wraps each

Cal 319 **Fat** 20g (sat 4g) **Chol** 98mg **Carbs** 12g **Total sugars** 6g (added 3g) **Protein** 23g **Fiber** 1g **Sodium** 281mg **Potassium** 810mg.

Scan with your phone s camera to learn how to store lettuce to keep it fresh.

RECIPE BY LAURA KANYA

Turkey Chili Calzones

ACTIVE: 25 min TOTAL: 40 min
TO MAKE AHEAD: Refrigerate filling (Step 2) for up to 2 days.

Here we combine two favorite family dinners—chili and pizza—into calzones packed full of lean turkey bell peppers and sharp Cheddar. Dish them up with a side salad to complete the meal.

- 2 tablespoons extra-virgin olive oil divided
- ½ cup diced yellow ***or*** red bell pepper
- ½ cup diced onion
- 8 ounces ground turkey ***or*** chicken
- 1 tablespoon taco ***or*** Southwest seasoning
- 1 14-ounce can no-salt-added diced tomatoes
- ¼ cup tomato paste
- ¼ cup water
- 1 15-ounce no-salt-added kidney beans rinsed
- 1 pound whole-wheat pizza dough at room temperature
- All-purpose flour for dusting
- 1½ cups shredded Cheddar cheese

1. Position rack in lower third of oven; preheat to 475°F. Line a large baking sheet with foil.

2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add bell pepper and onion and cook until softened, about 5 minutes. Add turkey (or chicken) and cook, crumbling with a wooden spoon, until no longer pink, about 4 minutes. Add taco (or Southwest) seasoning and cook for 1 minute. Add tomatoes, tomato paste and water and bring to a simmer. Cook until most of the liquid has evaporated, 5 to 10 minutes. Stir in beans. Transfer to a large bowl and let cool to room temperature, stirring occasionally, about 15 minutes.

3. Divide dough into 6 equal pieces. On a lightly floured surface, roll or stretch each piece into a 6-inch circle. Place on the prepared baking sheet. For each calzone, sprinkle ¼ cup cheese on one half, leaving a ½-inch border. Top with about ⅔ cup filling. Brush the border with water. Fold the dough over the filling and crimp the edges with a fork to seal. Cut several small slits in the tops to vent steam. Brush the calzones with the remaining 1 tablespoon oil.

4. Bake the calzones until browned on top, about 12 minutes. Let cool for 5 minutes before serving.

SERVES 6: 1 calzone each
Cal 466 Fat 20g (sat 7g) Chol 54mg Carbs 51g Total sugars 5g (added 0g) Protein 25g Fiber 10g Sodium 664mg Potassium 508mg.

MAKE IT VEGETARIAN

Swap in an equal amount of plant-based ground "meat," for the ground turkey (or chicken) in this recipe. Look for it in the meat aisle at your local grocery store.

LAURA KANY

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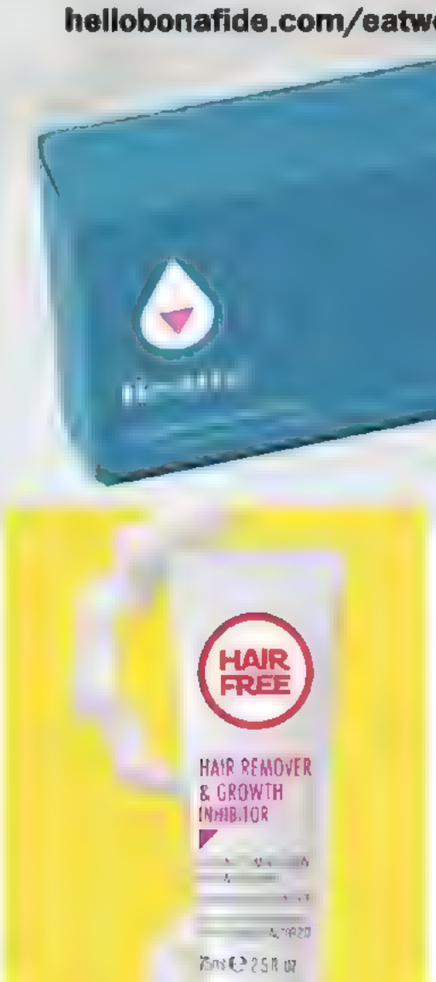

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Cornmeal-Crusted Shrimp with Corn & Okra

ACTIVE: 20 min TOTAL: 20 min

Coating shrimp in buttermilk hot sauce and Cajun seasoning not only gives them a tangy spicy flavor it also helps the cornmeal stick to form a crispy crust.

- ¼ cup buttermilk
- 1 tablespoon hot sauce
- ½ teaspoon garlic powder
- 2 tablespoons mayonnaise
- 1 tablespoon Cajun seasoning
- 1 pound raw shrimp (21-25 count) peeled and deveined
- cup cornmeal
- 3 tablespoons extra-virgin olive oil divided
- 2 cups frozen corn kernels
- 2 cups frozen okra
- 2 cloves garlic sliced
- ¼ cup sliced scallions plus more for garnish
- 1 tablespoon butter
- 1 tablespoon white-wine vinegar
- ⅛ teaspoon salt

1. Whisk buttermilk hot sauce and garlic powder in a medium bowl. Transfer half of the mixture to a small bowl and stir in mayonnaise. Set aside.
2. Stir Cajun seasoning into the buttermilk mixture in the medium bowl. Pat shrimp dry and add to the bowl. Toss to coat. Place cornmeal in a shallow dish and dredge the shrimp in it pressing to adhere.
3. Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Add the shrimp in a single layer and cook until crispy about 2 minutes per side. Transfer to a plate.
4. Add the remaining 1 tablespoon oil to the pan and add corn okra and garlic. Cook stirring often until hot about 4 minutes. Stir in scallions butter vinegar and salt and toss until well coated about 1 minute. Serve the shrimp with the vegetables and the reserved sauce. Garnish with more scallions if desired.

SERVES 4: 3 oz. shrimp ½ cup vegetables & 1 Tbsp. sauce each
Cal 392 Fat 20g (sat 4g) Chol 194mg Carbs 28g
Total sugars 4g (added 0g) Protein 27g Fiber 4g
Sodium 565mg Potassium 532mg.

ICE CAPADE

Your freezer is the key to enjoying summertime veggies in the winter like the corn and okra in this sauté. Plus a study published in the *Journal of Food Composition and Analysis* shows that frozen veg often have an even higher concentration of vitamins than their fresh counterparts because they re harvested at peak ripeness and immediately frozen.

RECIPE BY ADAM DOLGE

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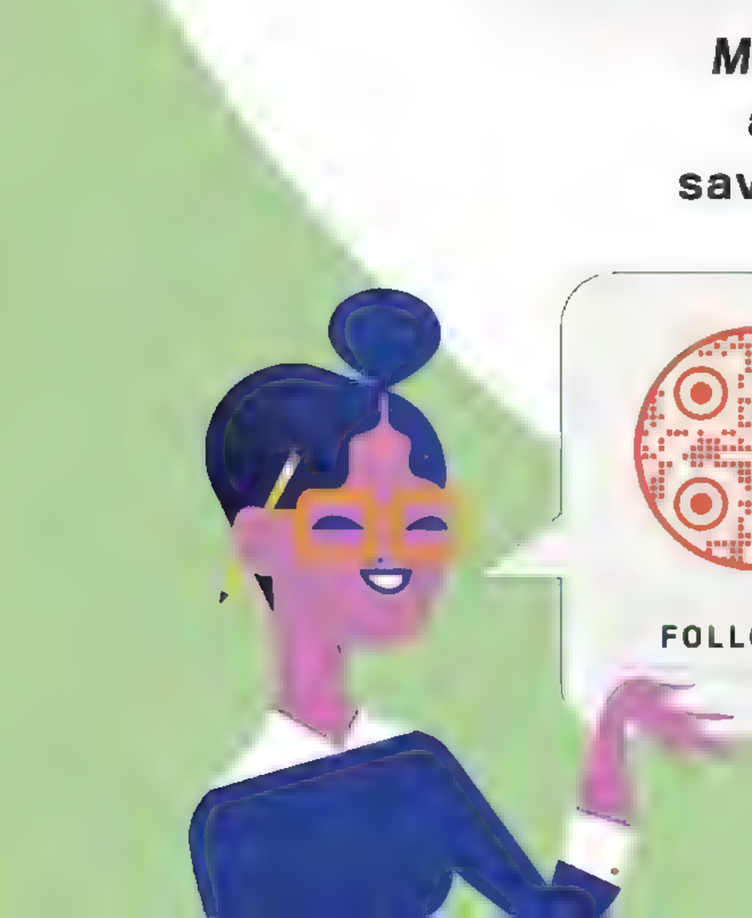

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Cheesesteak Salad

ACTIVE: 20 min TOTAL: 20 min

Inspired by the Philly cheesesteak this salad features the flavors of the East Coast classic without the hoagie roll. Adding Worcestershire sauce and the steak drippings to the dressing gives it even more umami.

- 1 pound sirloin *or* cube steak
- ½ teaspoon salt divided
- ½ teaspoon ground pepper divided
- 3 tablespoons extra-virgin olive oil divided
- 2 ounces sliced provolone cheese
- 1 medium red onion thinly sliced
- 1 tablespoon white-wine vinegar
- 1½ teaspoons Worcestershire sauce
- ½ teaspoon Dijon mustard
- ¼ teaspoon dried oregano
- 1 small clove garlic grated
- 11 ounces baby spinach
- ½ cup sliced jarred roasted red peppers rinsed and patted dry

1. Pat steak dry and season both sides with ¼ teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the steak and cook flipping once until an instant-read thermometer inserted in the thickest part registers 125°F for medium-rare 4 to 5 minutes per side. Transfer to a cutting board top with cheese and let rest for 5 minutes before slicing against the grain.
2. Meanwhile add onion to the pan and cook stirring occasionally until lightly browned about 5 minutes.
3. Whisk vinegar Worcestershire mustard oregano garlic and the remaining ¼ teaspoon each salt and pepper in a large bowl. Slowly whisk in the remaining 2 tablespoons oil and any steak drippings. Add spinach and peppers and toss to coat. Serve the salad topped with the onions and steak.

SERVES 4: 3 oz. steak 2¼ cups salad & ¼ cup onions each

Cal 342 Fat 19g (sat 6g) Chol 69mg Carbs 11g Total sugars 1g (added 0g) Protein 29g Fiber 2g Sodium 726mg Potassium 366mg.

RECIPE BY ADAM DOLGE

CHOOSE YOUR CUT

Philly cheesesteak is normally made with rib-eye but we went with sirloin because it s leaner saving you 60 calories and 3 grams of saturated fat per serving. Cube steak is a more economical option that s also quick-cooking.

PAIR IT!

The acid from the tomatoes and saltiness of the olives and capers go nicely with the soft tannins in the 2019 Tintero Langhe Nebbiolo Piedmont Italy ($14).

Chicken Puttanesca

ACTIVE: 10 min TOTAL: 20 min

Serve over pasta or with crusty whole-grain bread so you can enjoy every bit of this olive- and caper-studded sauce.

- 2 tablespoons extra-virgin olive oil divided
- 4 chicken cutlets (about 1 pound)
- ¼ teaspoon salt divided
- ¼ teaspoon ground pepper divided
- 2 cloves garlic minced
- 1 anchovy minced
- ¼ cup dry white wine
- 1 14-ounce can no-salt-added diced tomatoes
- ¼ cup pitted Kalamata olives coarsely chopped
- 1 tablespoon capers rinsed and coarsely chopped
- Chopped fresh parsley for garnish

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Pat chicken dry and sprinkle with teaspoon each salt and pepper. Add to the pan and cook flipping once until browned and an instant-read thermometer inserted in the thickest part registers 165°F about 6 minutes total. Transfer to a plate.
2. Reduce heat to medium. Add the remaining 1 tablespoon oil garlic and anchovy cook stirring until fragrant about 30 seconds. Stir in wine tomatoes and their juices and the remaining teaspoon each salt and pepper. Cook scraping up any browned bits until reduced by half about 10 minutes.
3. Stir in olives capers and any accumulated juices from the chicken. Nestle the chicken into the sauce and garnish with parsley if desired.

SERVES 4: 3 oz. chicken & cup sauce each
Cal 284 Fat 13g (sat 2g) Chol 84mg Carbs 10g Total sugars 6g (added 0g) Protein 28g Fiber 1g Sodium 466mg Potassium 502mg.

RECIPE BY DEVON O BRIEN

JOY SAYS

Using premade phyllo cups makes this recipe simple—look for them near phyllo dough in the freezer section of the grocery store.

Sweet Tarts

Celebrate Valentine's Day with a 5-ingredient treat and teach your kids a little history about a centuries-old indulgence—chocolate. ***By Joy Howard***

GOOD AS GOLD
Chocolate has been loved for thousands of years—so much so that some cultures, like the Mayans and Aztecs, used cacao beans as currency.

When cacao beans reached Europe during the 1500s, chocolate became widely considered a cure for all sorts of ailments. Today we know it contains antioxidants and magnesium that can help stave off heart failure, reduce your risk of diabetes and lower

THE HEART OF IT
Chocolates became an iconic Valentine's Day treat in the mid-19th century when businessman Richard Cadbury began packaging his chocolates in fancy heart-shaped boxes.

Mini Vegan Chocolate Tarts

ACTIVE: 15 min **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Refrigerate, ungarnished, for up to 3 days; add fruit just before serving.

- **1 2-oz. package frozen phyllo shells (15 shells)**
- **6 tablespoons vegan dark chocolate chips**
- **¼ cup unsweetened coconut milk**
- **Pinch of kosher salt**
- **Mixed fruit for garnish**

1. Preheat oven to 350°F.

2. Arrange phyllo cups on a large rimmed baking sheet. Bake until crisp, 3 to 5 minutes.

3. KIDS DO Meanwhile, place chocolate chips and coconut milk in a medium microwave-safe bowl. Microwave on Medium for 1 minute 15 seconds. Add salt and stir until smooth.

4. KIDS DO Fill each phyllo cup with the chocolate mixture and garnish with fruit, if desired. Refrigerate until firm, about 1 hour.

MAKES: 15 tarts (analysis per tart)

Cal 52 **Fat** 4g (sat 2g) **Chol** 0mg **Carbs** 5g **Total sugars** 2g (added 2g) **Protein** 0g **Fiber** 1g **Sodium** 20mg **Potassium** 52mg.

INSET: JOE ST PIERRE

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PICKLED PINK

To make your own pickled onions: Combine ¼ cup each red-wine vinegar and water 1 Tbsp. sugar and ¼ tsp. salt in a small saucepan. Bring to a simmer. Stir in ½ sliced onion and remove from heat. Let cool completely about 20 minutes before serving.

Root Vegetable & Greens Salad with Red Pepper Jelly Vinaigrette

ACTIVE: 20 min TOTAL: 20 min

Red pepper jelly is the key ingredient in this piquant yet sweet salad dressing. If you prefer more heat add a pinch of cayenne pepper.

- ¼ cup extra-virgin olive oil
- 3 tablespoons red pepper jelly
- 2 tablespoons lemon juice
- 1 tablespoon finely chopped shallot
- 1 teaspoon whole-grain mustard
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 5-ounce package mixed salad greens
- 2 small carrots shaved into ribbons with a vegetable peeler
- 1 small red beet peeled and cut into matchsticks
- ¼ cup pickled red onion store-bought *or* homemade *(see Tip above)*
- ¼ cup unsalted shelled pistachios toasted and chopped

Whisk oil, jelly, lemon juice, shallot, mustard, salt and pepper in a large bowl. Add greens, carrots, beet, onion and pistachios; toss to coat.

SERVES 4: 2 cups each

Cal 235 Fat 18g (sat 2g) Chol 0mg Carbs 17g Total sugars 12g (added 2g) Protein 3g Fiber 3g Sodium 209mg Potassium 315mg.

Chile & Garlic Hasselback Squash

ACTIVE: 15 min TOTAL: 50 min

EQUIPMENT: Parchment paper

Here we give butternut squash a quick spin in the microwave to get it tender before roasting it. It shortens the cook time but you still get the nice browning you can only achieve by oven roasting.

- 1 medium butternut squash (about 2 pounds) peeled halved lengthwise and seeded
- 2 tablespoons water
- 2 cloves garlic crushed and peeled
- ¼ teaspoon kosher salt
- ¼ cup extra-virgin olive oil
- 1 jalapeño pepper minced
- ¼ teaspoon ground pepper
- Fresh cilantro for garnish

1. Preheat oven to 425°F. Line a rimmed baking sheet with parchment paper.
2. Place squash in a large microwave-safe bowl and add water. Cover with plastic wrap and microwave on High until just tender, 8 to 9 minutes.
3. Meanwhile, mash garlic and salt together with a fork or a chef's knife on a cutting board, then transfer to a small bowl. Stir in oil, jalapeño and ground pepper.
4. Lay one squash half, cut-side down, between 2 wooden spoons and make cuts ¼ inch apart, cutting down just to the spoons so the squash remains intact. Carefully transfer to the prepared pan. Repeat with the other half. Brush the oil mixture over the squash, pressing it between each cut.
5. Roast until the squash is lightly browned, 30 to 35 minutes. Serve garnished with cilantro, if desired.

SERVES 6: 1 cup each

Cal 144 Fat 9g (sat 1g) Chol 0mg Carbs 15g Total sugars 3g (added 0g) Protein 1g Fiber 3g Sodium 102mg Potassium 458mg.

RECIPES BY LAURA KANYA ADAM DOLGE

Scan with your phone s camera to find out the best way to clean your Instant Pot.

Ginger Chicken & Vegetable Noodle Soup

ACTIVE: 30 min TOTAL: 30 min
EQUIPMENT: Electric pressure cooker

To make a flavorful base for this soup—while still using some shortcuts—we pressure-cook store-bought broth with ginger garlic scallions soy sauce and Shaoxing rice wine.

- 2 tablespoons toasted sesame oil
- 1 pound boneless skinless chicken thighs trimmed
- 6 scallions sliced whites and greens separated
- 1-inch knob fresh ginger peeled
- 3 cloves garlic peeled
- 4 cups low-sodium chicken broth
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon Shaoxing rice wine *or* dry sherry
- 1 bunch broccolini trimmed and halved
- 6 mini bell peppers quartered and seeded (2 cups)
- 2 ounces Chinese egg noodles broken into small pieces

1. Heat oil in an electric pressure cooker on Sauté mode. Add chicken and cook flipping once until lightly browned 4 to 6 minutes. Transfer to a plate. Add scallion whites ginger and garlic to the cooker and cook stirring until fragrant about 30 seconds. Turn off heat.
2. Add broth soy sauce Shaoxing (or sherry) and the chicken. Close and lock the lid. Cook on High pressure for 8 minutes.
3. Release the pressure manually. Transfer the chicken to a cutting board and shred with two forks. Discard the ginger and garlic cloves.
4. Return the cooker to Sauté mode and add broccolini bell peppers and noodles. Cook until soft about 5 minutes. Stir in the chicken. Serve topped with scallion greens.

SERVES 4: 1½ cups each
Cal 337 Fat 13g (sat 3g) Chol 110mg Carbs 22g Total sugars 4g (added 0g) Protein 33g Fiber 2g Sodium 544mg Potassium 904mg.

RECIPE BY BREANA LAI KILLEEN

Black Bean & Butternut Squash Enchiladas

ACTIVE: 25 min TOTAL: 45 min

A crisp citrusy slaw contrasts nicely with the enchiladas creamy squash filling.

- 3 tablespoons extra-virgin olive oil divided
- 3 cups diced peeled butternut squash
- 2 medium poblano peppers seeded and chopped
- 1 medium onion chopped
- 1 14-ounce can no-salt-added black beans rinsed
- 4 tablespoons chopped fresh cilantro divided plus more for serving
- 1 teaspoon ancho chile powder
- 8 corn tortillas warmed
- 1 10-ounce can enchilada sauce *(see Tip)*
- ½ cup shredded Monterey Jack cheese
- 2 cups shredded cabbage
- 1 tablespoon lime juice

1. Preheat oven to 425°F. Lightly coat a 7-by-11-inch baking dish with cooking spray.
2. Heat 2 tablespoons oil in a large skillet over medium heat. Add squash and cook covered stirring occasionally until tender and lightly browned 8 to 10 minutes. Add peppers and onion and cook uncovered stirring occasionally until tender about 5 minutes. Remove from heat and stir in beans 2 tablespoons cilantro and chile powder. Let cool for 5 minutes.
3. Place about ½ cup of the squash mixture in each tortilla and roll. Place seam-side down in the prepared baking dish. Top with enchilada sauce. Sprinkle with cheese and cover with foil. Bake until bubbly about 15 minutes. Remove foil and bake for another 5 minutes.
4. Meanwhile toss cabbage with lime juice the remaining 1 tablespoon oil and 2 tablespoons cilantro. Serve the enchiladas topped with the slaw and more cilantro if desired.

SERVES 4: 2 enchiladas & ½ cup slaw each
Cal 428 Fat 17g (sat 4g) Chol 13mg Carbs 58g Total sugars 6g (added 0g) Protein 13g Fiber 11g Sodium 491mg Potassium 779mg.

RECIPE BY ADAM DOLGE

SCAN THE CAN

Store-bought enchilada sauce is a fast and easy way to add a ton of flavor to a dish but it can be high in sodium so look for one that has less than 300 milligrams per serving.

PAIR IT!

A date night at home is a good excuse to pop a bottle of bubbly. Opt for one made with 100% chardonnay grapes such as the NV Thévenet & Fils Blanc de Blancs Brut ($23) as the buttery toasty notes are a good foil for the creamy tarragon sauce.

Deconstructed Crab Ravioli with Tarragon Cream

ACTIVE: 25 min TOTAL: 25 min

Forget rolling and assembling ravioli. This quick take tucks the filling into wonton wrappers for homemade stuffed-pasta vibes in less than 30 minutes. Pro tip: Keep your hands damp as you plate to prevent the cooked ravioli from sticking.

- ¼ cup crème fraîche
- 1 tablespoon chopped fresh tarragon plus more for garnish
- 1 teaspoon lemon juice
- ¼ teaspoon ground pepper plus more for garnish
- 1 tablespoon butter
- ¼ cup chopped shallot
- 6 ounces jumbo lump crabmeat picked over
- 1 clove garlic minced
- 1 tablespoon white wine
- 6 wonton wrappers

1. Put a large saucepan of water on to boil.
2. Whisk crème fraîche, tarragon, lemon juice and pepper in a small bowl. Set aside.
3. Melt butter in a medium saucepan over medium heat. Add shallot and cook until translucent, 3 to 6 minutes. Add crab, garlic and white wine and cook, stirring occasionally, until fragrant and the crab is warmed through, about 2 minutes. Remove from heat.
4. Cook wonton wrappers in the boiling water until they float to the top, about 2 minutes. Place 3 wrappers each in the bottom of 2 serving bowls. Spoon on some of the crab filling, then gently fold the wrappers over it. Spoon on the crème fraîche mixture and garnish with more tarragon and pepper, if desired.

SERVES 2: 3 ravioli & 2 Tbsp. sauce each
Cal 356 Fat 18g (sat 11g) Chol 132mg Carbs 20g Total sugars 3g (added 0g) Protein 24g Fiber 1g Sodium 481mg Potassium 119mg.

Love Your Heart

This 1-day meal plan keeps sodium and sat fat in check while incorporating a variety of delicious foods that have been shown to help reduce the risk of heart disease, such as avocado, spinach, berries, apples, beans, pomegranate and even your morning cup of joe!

By Breana Lai Killeen, M.P.H., RD

BREAKFAST

Overnight Matcha Oats with Berries

Combine ⅔ cup each nonfat milk and old-fashioned oats 1 Tbsp. each matcha powder and chia seeds 2 tsp. pure maple syrup and a pinch of salt in a pint jar and stir. Top with ¼ cup each blueberries and raspberries and 1 Tbsp. sliced almonds. Cover and refrigerate overnight. Serve with 1 cup coffee with 2 Tbsp. vanilla oat milk creamer.

A.M. SNACK

1 medium apple with 1 Tbsp. peanut butter

LUNCH

Avocado Tuna Spinach Salad

Combine ½ a 5-oz. can water-packed tuna ¼ cup each diced avocado and halved cherry tomatoes 1½ Tbsp. poppy seed dressing and 1 Tbsp. each diced red onion and extra-virgin olive oil. Serve over 2 cups baby spinach and sprinkle with 1 Tbsp. sunflower seeds.

P.M. SNACK

1 reduced-sodium mozzarella cheese stick

NUTRITION INFO FOR THE DAY:

Cal 1,638 Fat 79g (sat 15g) Chol 46mg
Carbs 175g Total sugars 87g (added 23g)
Protein 81g Fiber 34g Sodium 1,315mg
Potassium 2,573mg.

See page 103 for recipe analyses.

PASTABILITIES

We chose chickpea pasta for this dish instead of whole-wheat because it s packed with tons of fiber protein and nutrients—some brands provide more than 40% of your daily recommended fiber plus 20 grams of protein per serving. Look for it with other gluten-free pastas.

DINNER

Chickpea Pasta with Mushrooms & Kale

ACTIVE: 30 min TOTAL: 30 min

Loading up your pasta with vegetables like the kale and mushrooms here is not only delicious it also makes the meal more satisfying.

- 8 ounces chickpea rotini *or* penne *(see Tip above)*
- ¼ cup extra-virgin olive oil
- 2 large cloves garlic sliced
- Pinch of crushed red pepper
- 8 cups chopped kale
- 8 ounces cremini mushrooms quartered
- ½ teaspoon dried thyme
- ½ teaspoon salt
- Grated Parmesan cheese for serving (optional)

1. Cook pasta according to package directions. Reserve 1 cup of the cooking water then drain.
2. Meanwhile heat oil in a large skillet over medium heat. Add garlic and crushed red pepper cook stirring once until fragrant about 1 minute. Add kale mushrooms thyme and salt cook stirring occasionally until the vegetables are soft about 5 minutes.
3. Stir in the pasta and enough of the reserved water to coat cook stirring until combined and hot about 1 minute more. Serve topped with Parmesan if desired.

SERVES 4: 1½ cups each
Cal 340 Fat 18g (sat 2g) Chol 0mg Carbs 38g Total sugars 7g (added 0g) Protein 17g Fiber 10g Sodium 366mg Potassium 717mg.

DESSERT

Chocolate Yogurt with Pomegranate Arils

Mix ½ cup nonfat plain yogurt with ½ oz. melted dark chocolate and 2 tsp. honey. Top with 1 Tbsp. pomegranate arils (seeds).

Baked Feta Spinach-Artichoke Dip

ACTIVE: 10 min TOTAL: 45 min

TO MAKE AHEAD: Refrigerate dip (Step 2) for up to 3 days. Let stand at room temperature while the oven preheats. Bake for 45 minutes.

This take on classic warm artichoke dip features tangy feta cheese. If you can find frozen artichokes swap them in the for the canned version to cut back on sodium. Serve with tortilla chips and crudités for dipping.

- 10 ounces frozen cut spinach thawed and squeezed dry
- 1 14-ounce can artichoke hearts rinsed and chopped
- 2½ cups sour cream
- 1 cup crumbled feta cheese divided
- 1 medium shallot minced
- 2 cloves garlic grated
- ¼ teaspoon crushed red pepper
- ¼ teaspoon ground pepper

1. Preheat oven to 425°F. Coat a 2-quart baking dish with cooking spray.
2. Combine spinach artichoke hearts sour cream ½ cup feta shallot garlic crushed red pepper and ground pepper in a large bowl. Spread in an even layer in the prepared baking dish. Sprinkle with the remaining ½ cup feta.
3. Bake until lightly browned and bubbly 25 to 35 minutes. Let cool for 5 minutes before serving.

SERVES 16: ¼ cup each

Cal 94 Fat 7g (sat 4g) Chol 24mg Carbs 5g Total sugars 2g (added 0g) Protein 3g Fiber 1g Sodium 147mg Potassium 114mg.

PAIR IT!

Grab a kölsch! They re crisp and malty with a bit of hoppy bitterness that balances the creamy dip. One to try: Schlafly Kölsch Ale ($9/6-pack).

RECIPE BY DEVON O BRIEN

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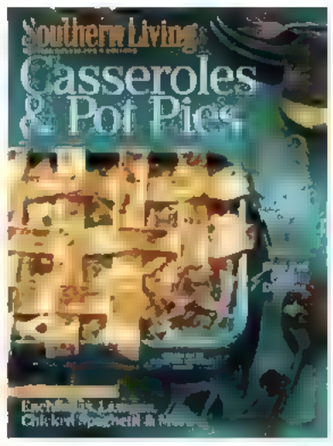

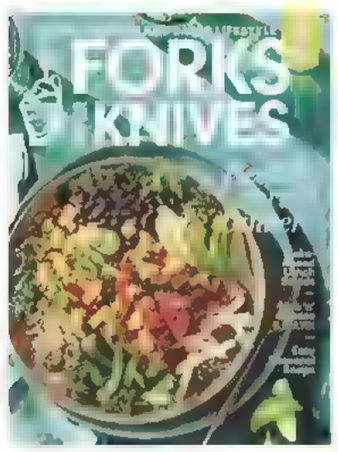

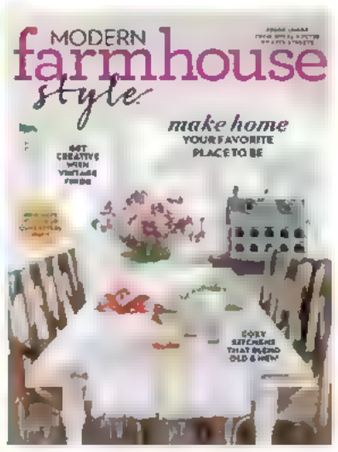

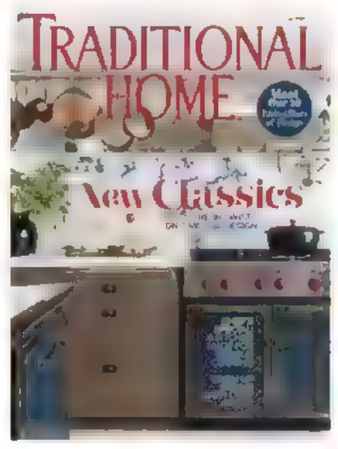

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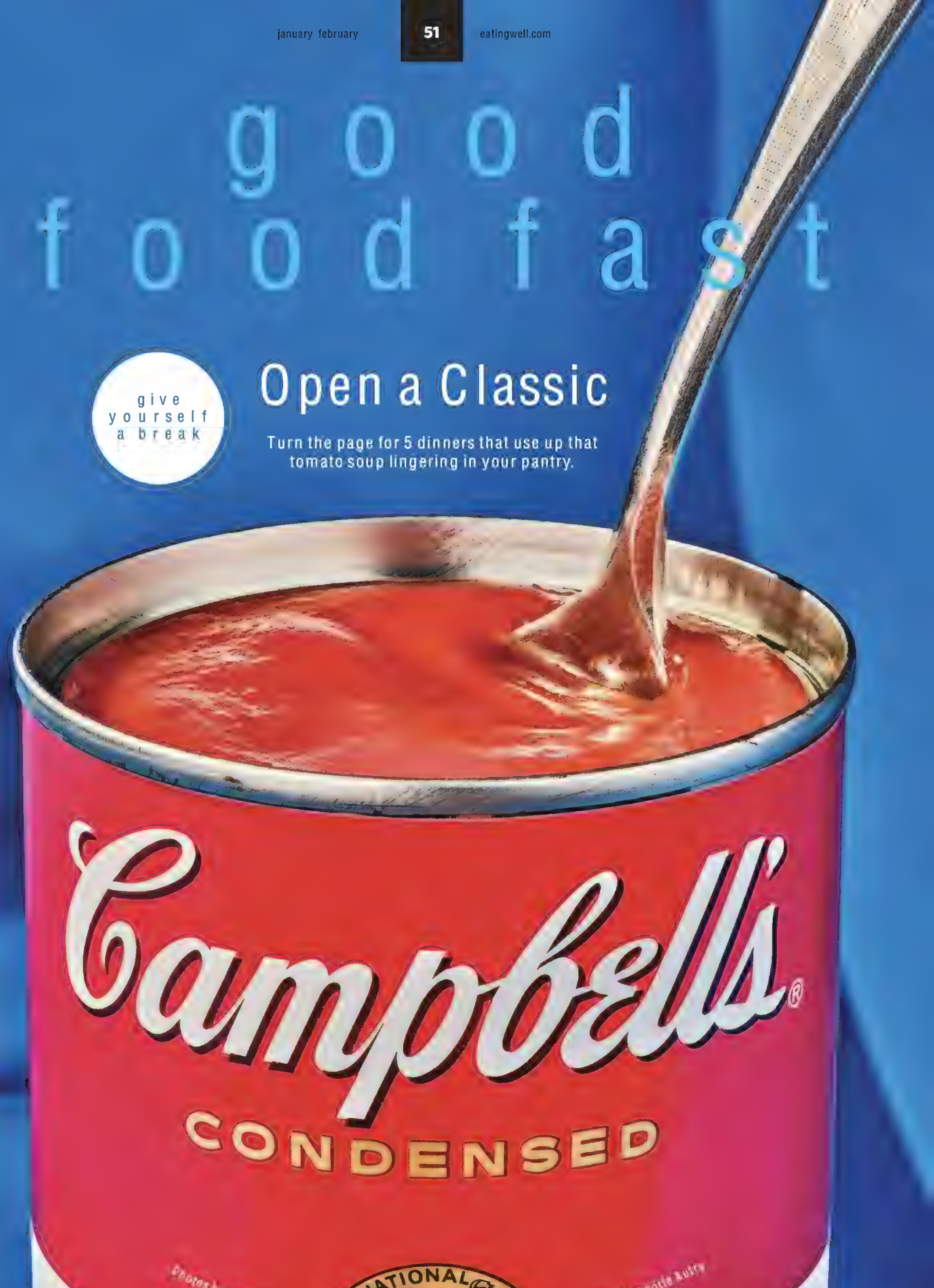
good food fast

give yourself a break

Open a Classic

Turn the page for 5 dinners that use up that tomato soup lingering in your pantry.



Photos by Alison Miksch Styling by Sharlotte Autry

Souperb Dinners

These recipes—inspired by cuisines from around the globe—all start with a 10-ounce can of condensed tomato soup.

By Pooja Makhijani

Scan with your phone s camera for more healthy canned foods to keep in your pantry.

Chicken Tomato Tortilla Soup

Sauté 1 chopped onion and 4 chopped garlic cloves in 1 Tbsp. canola oil. Stir in the tomato soup, 3 cups low-sodium chicken broth, 12 oz. shredded cooked chicken, 1 cup rinsed black beans, ½ cup corn kernels, 2 tsp. ground cumin and 1 tsp. chili powder. Simmer for 5 minutes. Stir in 2 Tbsp. lime juice. Garnish with sour cream, avocado and tortilla chips. SERVES 4.

Saucy Ginger-Tomato Chicken

Sauté 6 chopped garlic cloves and 1 Tbsp. grated ginger in 1 Tbsp. canola oil. Add 2 diced onions and cook until golden. Add the tomato soup, 1 lb. cubed chicken breast and 1 Tbsp. each garam masala and curry powder. Simmer for 10 minutes. Stir in ¼ cup heavy cream. Garnish with cilantro. Serve with ½ cup cooked brown basmati rice per serving. SERVES 4.

Meatballs in Spiced Tomato Sauce

Sauté 1 diced onion in 1 Tbsp. canola oil. Stir in 1 tsp. ground cumin and ½ tsp. ground cinnamon and cook for 30 seconds. Stir in the tomato soup, ¾ cup low-sodium beef broth and 1 lb. frozen meatballs. Simmer for 20 minutes. Garnish with parsley and serve over ½ cup cooked whole-wheat couscous per serving. SERVES 5.

Tofu Tomato Curry

Combine the tomato soup, one 14-oz. can coconut milk, 2 Tbsp. curry paste and 1 Tbsp. fish sauce in a large saucepan. Bring to a simmer. Remove from heat and stir in 14 oz. cubed extra-firm tofu and 2 Tbsp. lime juice. Serve over 1 cup cooked rice noodles per serving. Garnish with lime wedges, scallions and basil. SERVES 4.

Vegetarian Chili

Sauté 2 cups frozen onion and pepper mix in 1 Tbsp. canola oil. Stir in the tomato soup, 1 cup water, one 15-ounce can rinsed no-salt-added salad beans, 1½ Tbsp. chili powder and 2 tsp. ground cumin. Cook for 10 minutes. Garnish with jalapeño, avocado and yogurt. SERVES 4.

NUTRITION INFO: page 103

Genius Granola Hacks

Sure, it's great on yogurt with fruit, but we've got other innovative ways to enjoy this breakfast classic that go beyond the bowl. By Andrea Mathis, RD

Freeze mini frozen parfait bars. Stir 1 Tbsp. pure maple syrup into 1 cup low-fat plain Greek yogurt. Divide among wells of a 14-well ice cube tray. Sprinkle with ½ cup granola, then press a berry onto each. Freeze until solid, at least 4 hours. SERVES 14.

Add crunch to your pancakes. Stir ½ cup granola into batter made from 7 oz. (about 1 cup) whole-wheat pancake mix. Coat a large nonstick skillet with cooking spray and heat over medium-high heat. For each pancake, sprinkle about 1 tsp. granola into the pan and top with ¼ cup batter. Cook, flipping once halfway, until golden. SERVES 4: 2 each.

Whip up some bars. Puree ½ cup pitted medjool dates in a food processor, adding warm water 1 Tbsp. at a time, to form a paste. Add 1 cup peanut butter and 2½ cups granola; pulse to combine. Press into an 8-inch baking dish lined with parchment paper. Refrigerate until firm, at least 1 hour. Cut into 12 bars. SERVES 12.

Top your salad. Toss 2 cups greens with 1 Tbsp. red-wine vinaigrette. Top with ¼ cup fresh berries and 2 Tbsp. each crumbled goat cheese and granola. SERVES 1.

Make a sweet treat. Melt ½ cup chocolate chips. Spread into a 6-inch square on a parchment-lined baking sheet. Swirl in 1 Tbsp. jam and sprinkle with ½ cup granola. Refrigerate until set, about 15 minutes, then break into 8 pieces. SERVES 8.

Toss it into a smoothie. Blend ¾ cup low-fat milk, 1 cup frozen mixed berries, ½ cup each granola and low-fat plain Greek yogurt and 1 tsp. honey until smooth. SERVES 2: 1 cup each.

NUTRITION INFO: page 103

Bags to Buy

Snag one of these granolas we love! Because suggested serving sizes vary, we've converted these numbers to show values for ⅓ cup of each brand.

Bear Naked Fruit & Nut Granola
180 cal 0mg sodium 7g added sugar 3g fiber 4g protein
Featuring almonds, cranberries, raisins and pecans, this mix has a satisfying amount of fiber and protein.

Nature s Path Love Crunch Dark Chocolate & Red Berries Granola
173 cal 73mg sodium 8g added sugar 3g fiber 3g protein
Gratify your sweet tooth with this combo of dried strawberries and raspberries and decadent dark chocolate chunks.

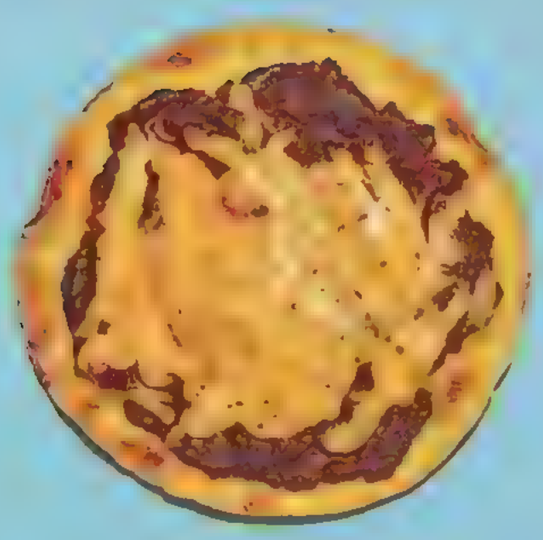
Kind Healthy Grains Cinnamon Oat Granola with Flax Seeds
110 cal 25mg sodium 4g added sugar 4g fiber 3g protein
This fiber-packed granola contains 6 whole grains—oats, brown rice, buckwheat, millet, amaranth and quinoa—plus flaxseeds and just enough cinnamon.

Snackisfaction, Guaranteed

How do you make sure that your afternoon nibble sticks? Include some protein. It takes longer for your body to digest, which means it has staying power. So the next time hanger strikes, plate up one of these options—all of which have at least 12 grams of protein (that's 25% of the Daily Value!). By Sara Haas, RD

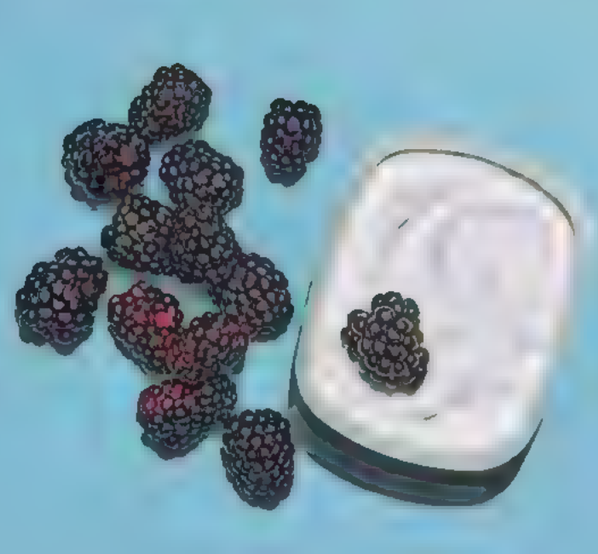
222 cal • 16 g protein
¾ cup Three Wishes Cinnamon Cereal + 1 cup low-fat milk

278 cal • 12g protein
1 toasted Kodiak Cakes Blueberry Power Waffle + 1 Tbsp. peanut butter + ¼ cup blueberries + 2 tsp. hemp seeds

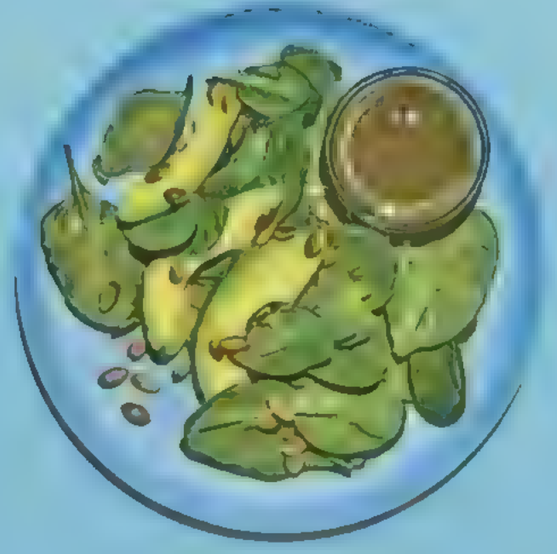


276 cal • 14 g protein
½ cup refried black beans + 1 corn tortilla + ¼ cup shredded Cheddar cheese

277 cal • 12 g protein
1 hard-boiled egg + 2 Tbsp. hummus + 12 Mary s Gone Crackers Super Seed Crackers



162 cal • 16 g protein
5-oz. container plain low-fat skyr + 1 cup blackberries



313 cal • 12 g protein
1 cup spinach + ¼ sliced avocado + 3 Tbsp. pumpkin seeds + 1 Tbsp. 88 Acres Green Goddess Dressing

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(Vegan) Cheese, Please!

From meltable shreds and sandwich slices to cream cheese, here's what to look for when shopping for a plant-based version—and some of our faves.
By Maxine Yeung, M.S., RD, NBC-HW

Screen for Saturated Fat While dairy-based cheese typically has at least 3 grams of saturated fat per serving, vegan cheese is often made with coconut oil and can have as much as 7 grams. Look for 6 grams or less per serving—ones made from nuts and seeds will primarily contain heart-healthy unsaturated fats—to help keep your saturated fat intake from exceeding 10% of your total daily calories.

Watch for Sodium Cheese is inherently salty. Hard varieties, like Parmesan, are on the higher side, while cream cheese is on the lower. Aim for 260 milligrams or less of sodium per serving to help stay under 2,300 mg a day.

Consider Calcium and Protein Something to keep in mind: vegan cheese is usually low in protein and calcium compared to the dairy-based kind—so don't rely on it to fulfill those goals. Nut- and seed-based cheeses have the most protein while those made with starches and coconut oil have the least. As for calcium, some plant-based cheeses are fortified, but they often still have less than dairy versions.

BEST CREAM CHEESE

So Delicious Creamy Original Cream Cheese Style Spread
70 cal 6g sat fat 0g protein 115mg sodium 0mg calcium
Coconut oil makes this super-creamy spread look and feel just like the real thing (minus a little of the tang).

BEST SOFT CHEESE

Treeline French Style Cheese Herb Garlic
90 cal 1g sat fat 3g protein 90mg sodium 10mg calcium
This spreadable cheese has herbaceous flavor reminiscent of Boursin. It's great on a cheese board or as a snack with crackers.

BEST MOZZARELLA

Vevan Mozza-Shred
80 cal 5g sat fat 190mg sodium 0g protein 0mg calcium
Don't be fooled by the drier-looking melt of this mozz—it's plenty gooey. Cheese pull, anyone?

BEST CHEDDAR

Daiya Cheddar-Style Slices
60 cal 4g sat fat 0g protein 170mg sodium 140mg calcium
A salty Cheddar, reminiscent of mild dairy versions, it's the best melter of all the ones we tried—perfect for a grilled cheese or topping a plant-based burger.

BEST PEPPER JACK

Field Roast Spicy Original Vegan Chao Slices
60 cal 4g sat fat 0g protein 180mg sodium 0mg calcium
Dotted with spicy pepper flecks, these creamy slices are good both cold and melted.

Eating Well

NUMBERS TO LOOK FOR

Saturated Fat ≤ 6g

Sodium ≤ 260mg

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A SOUTHERN CHEF'S

Recipe for Weight Loss

BY HOLLY PEVZNER

Smothered Chicken Breasts in Onion Gravy page 67

VIRGINIA WILLIS cooks and eats for a living and yet she managed to lose 65 pounds (and counting) during the pandemic. Here she shares her go-to dishes and tips for success.

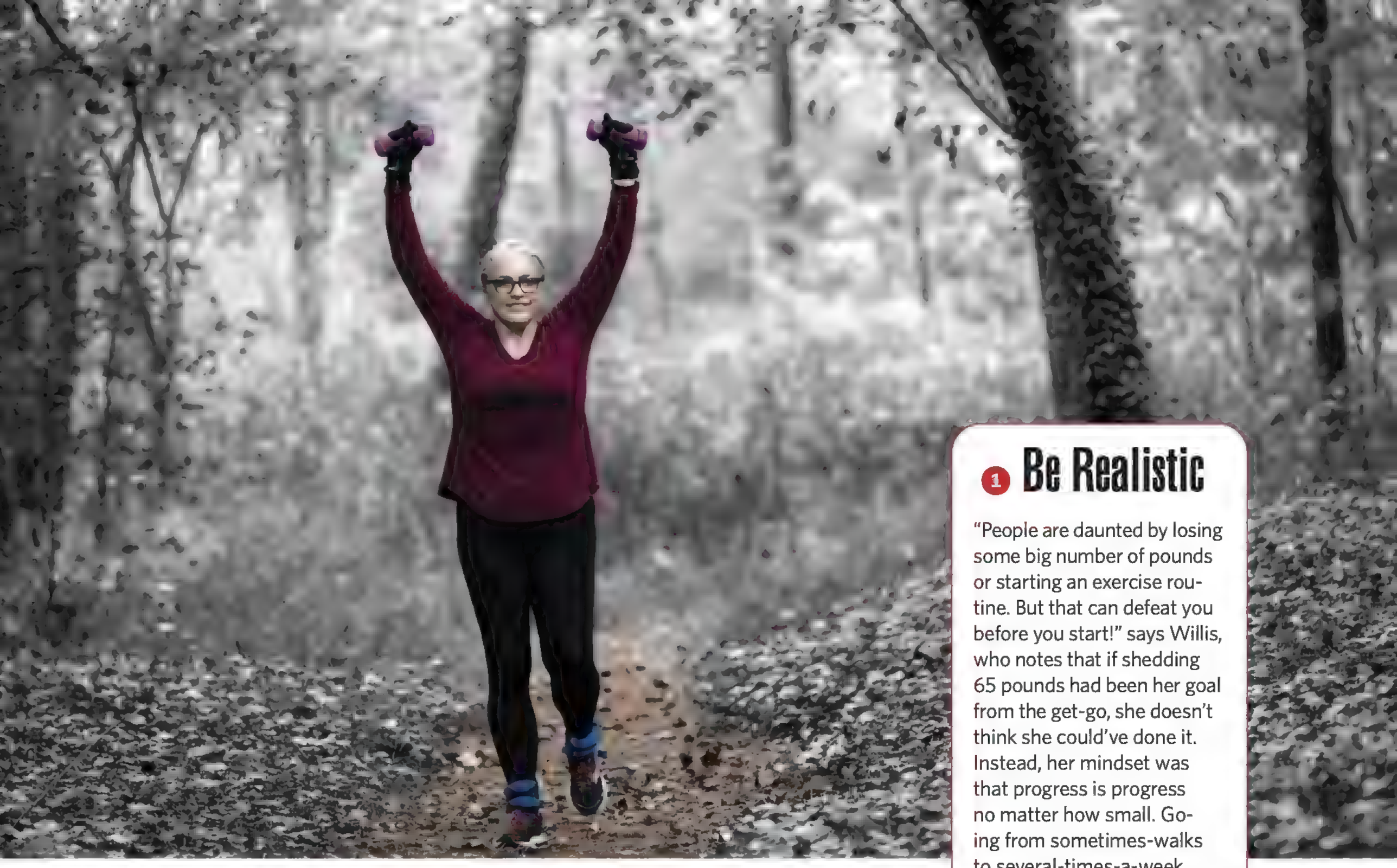
Portrait photography **TERRY ALLEN**
Food photography **JACOB FOX**

Virginia Willis loves to cook. She's been doing it since she was knee-high to her grandma. Even more, Willis loves to eat. That's not shocking given she's a French-trained Southern chef who's written eight cookbooks, including the James Beard Award-winning *Lighten Up, Y'all.* "I'm not one of those people who's like, 'Oh, I can't eat that!' I'm like, *bring it!*" the 55-year-old laughs. What is astonishing, however, is that Willis managed to shed roughly 65 pounds over the past two years—all while testing recipes nearly nonstop and dealing with the breakup of a 10-year relationship, a herniated disc, a big move from Massachusetts back home to Georgia and, of course, a global pandemic.

Willis, a self-proclaimed "sturdy woman," wasn't looking to transform into a skinny person. Instead, she wanted her clothes to fit a little better; she wanted to move a little better. "And, honestly, I didn't want to feel ashamed of my size anymore," she says. Those drivers were enough for a while.

The thing is, even at her heaviest, Willis' diet wasn't terrible. She was eating lots of fresh fruits and vegetables and avoiding processed foods. And she was going to the gym. "But I was also drinking and eating too much. I might have been using too much butter and cream, too! But mostly, I just wasn't being kind to myself," she says.

Willis lost almost 40 pounds in 2019, thanks to regular workouts and WW-style points-counting. (She has never



been to a Weight Watchers meeting, but has taken a shine to the idea that every food has a number and relies on their app. "It makes for super-easy math that helps me stay within my guidelines," she says.) Then, her motivation began to shift.

In March 2020, a long-scheduled procedure that would've eased Willis' back pain was abruptly canceled thanks to the pandemic. Her physical therapy facility closed. Her gym did too. Heck, COVID-19 even made it more difficult to get fresh, nutritious food at the grocery store. "With all of this going on, I just kept thinking to myself: *What do I need to do to keep myself healthy?*" she says.

Instead of feeling daunted, Willis rose to the challenge. "I kept a list of anti-inflammatory foods for spine health on my fridge that were really ones I already ate, like red fruits and veggies, soy, flaxseed, nuts, olives—but having that reminder made me more cognizant," she says. Willis also relegated red meat to a once-a-week (tops) treat and traded most starchy side dishes for veggies. "I didn't have the gym or PT anymore, but I could walk—and boy, did those walks help relieve pandemic stress," says Willis, who still clocks 3½ miles a day with a rotating roster of friends. "Walking has moved far past simple weight loss for me. It's my mental health now." And when morning strolls replace dinner and drinks as one's social lifeline, other things tend to change, as well. "I've spent much of the pandemic alcohol-free," says Willis. At first, it was because booze and her back meds didn't mix. But all that walking and produce-eating helped her lose enough weight to be able to ditch the pain medication altogether. "Essentially, I was free to return to more indulgent drinking and eating when I got off the meds, but I didn't want to," says Willis. "I wanted to keep those guardrails and continue to succeed."

And she has. "If you had told me that I would feel this good as a result of losing 65 pounds, I would not have believed you," says Willis. She no longer needs that spinal procedure. She's never been able to get into Child's Pose quicker. And her blood pressure, cholesterol and other numbers are better than they were a decade ago. "That's exciting stuff!" says Willis.

The best part is, she's doing it while eating the foods she loves. "I don't want to have bland chicken or plain celery sticks," she says. "I want *delicious* food." For instance, Willis is an unabashed chocolate lover, so when she saw a "diet" dessert recipe that called for combining fat-free chocolate pudding mix with a can of zero-sugar soda, she frowned. "That's just sad," she says. "When I want an after-dinner treat, I dip slices of Honeycrisp apples into a bittersweet chocolate sauce I make."

In the end, the secrets to her success are straightforward. She believes in ditching deprivation, exercising daily, keeping an eye on portions and calories, and embracing the notion that one small, healthy behavior leads to another—and another. "The good spreads like a beautiful web," she says. "Hippie-dippie? Maybe. But it's true!" Allow Willis to help expand *your* web with the doable tips—and recipes—that continue to work for her today. As down-to-earth as they are, they also happen to be 100% backed by science.

1 Be Realistic

"People are daunted by losing some big number of pounds or starting an exercise routine. But that can defeat you before you start!" says Willis, who notes that if shedding 65 pounds had been her goal from the get-go, she doesn't think she could've done it. Instead, her mindset was that progress is progress no matter how small. Going from sometimes-walks to several-times-a-week walks? Progress! Swapping a glass of wine for kombucha? Progress! She's onto something: A 2019 Oxford University review of 22 studies on weight loss and maintenance found that feeling shame from not meeting a specific weight-loss goal was associated with giving up altogether—while taking a more positive approach about what progress looks like was linked to increased adherence and success.

2 Get Those Veggies

"It's all about eating more vegetables. Period," says Willis. Yes, they're full of good-for-you vitamins and minerals, but they're also low in calories and fiber-rich, which keeps you feeling fuller longer—both of which can help the pounds come off. In fact, a 2020 report published in the journal ***Nutrients*** concluded that upping produce intake can be a chief contributor to weight loss and maintenance. Buying veggies that are local and in-season is often key to landing the tastiest stuff. But if you need an additional flavor boost, Willis suggests (wait for it) bacon. "A little bit goes a long way," she says. "It'll get people to eat Brussels sprouts!" And that's the ultimate goal, really: to have lots and lots of veg. Not into bacon? Try a dab of miso, says Willis: "It adds a delicious, salty, umami quality."

3 Turn Meals Upside-Down

This is another strategy to increase your veggie intake—while surreptitiously cutting calories. "Instead of making beef and broccoli, make broccoli and beef, letting the vegetable take the lead," says Willis. The idea is to get the same flavors, just in a healthier way, so it doesn't feel like you're missing out or depriving yourself of meals you love. Willis achieves this by deconstructing some of her favorite dishes too. Take sausage and peppers, for instance. Rather than use fatty, higher-calorie pork sausage, she copycats the flavor by cooking lean ground turkey with garlic, fennel seeds, red pepper flakes and sage, then tosses in tons of veggies. And for pasta dishes, she replaces regular pasta with half whole-wheat and half zucchini noodles. "It's all about recreating a dish with respect to the original intent," says Willis.

Still not sure how to get started? Scan with your phone s camera for advice from a dietitian.

Soup Beans with Cornbread & Kraut
page 67

4 Hydrate, Hydrate, Hydrate

"Water is my first line of defense with hunger," says Willis. "I start every meal with a glass. When I think I want a snack, I drink. And if I'm still hungry, *then* I'll have the snack." Water takes up space in your belly, which helps you feel full. In one study published in the journal *Obesity* overweight women on weight-loss diets who increased their water intake to roughly 1 liter a day lost 5 pounds over the course of 12 months. And when water gets boring, Willis sips a mug of vitamin-packed potassium broth. "That's what spas call it, but it's really vegetable stock," she says. Willis makes her own *(right)* with bits and bobs of vegetables from meal prep and some aromatics. "I strain it and keep it in a pitcher in the fridge. I drink it warm when it's chilly out and have it cold in the summer," she says.

Gingery Vegetable Broth

ACTIVE: 15 min TOTAL: 1¾ hrs
TO MAKE AHEAD: Refrigerate for up to 5 days or freeze for up to 6 months. EQUIPMENT: Cheesecloth

I save my veggie peels and scraps in a gallon-size bag in my freezer to make this broth. Before I prepare it I also take a moment to clean out the produce drawer of any limp carrots shriveled mushrooms and herbs on their way out. (However please do keep in mind this is not a garbage bag! If it s too far gone it belongs in the compost not the stock pot.) Garlic ginger and turmeric add great flavor and extra nutrients.

- 12 cups washed vegetable & herb trimmings such as mushrooms tomatoes fennel leeks bell peppers romaine ends butternut squash kale chard thyme parsley
- 2 large onions quartered
- 2 medium carrots cut into thirds
- 2 stalks celery cut into thirds
- 1 head garlic cloves separated and peeled
- 8-12 slices fresh ginger
- 8-12 slices fresh turmeric (optional)
- 2 tablespoons black peppercorns
- 4 bay leaves
- 16 cups water

1. Combine trimmings, onions, carrots, celery, garlic, ginger to taste, turmeric to taste (if using), peppercorns and bay leaves in a large pot. Add water and bring to a boil. Adjust heat to maintain a gentle simmer. Partially cover and simmer, without stirring, until the vegetables are very soft and the liquid is golden brown, about 1½ hours.
2. Line a colander with cheesecloth and place it over a large bowl. Carefully strain the broth, pressing on the solids to extract any remaining liquid.

SERVES 16: 1 cup each
ANALYSIS NOTE: After straining, broth has negligible calories and nutrients.

Chicken Stew with Collard Greens & Peanuts

ACTIVE: 30 min **TOTAL:** 50 min

Being stuck with foods that aren t satisfying doesn t work for me. Who wants to eat sadness? This West African–inspired chicken stew is hearty and has lots of bold umami flavors. Plus it s packed with so many beneficial ingredients—peanut butter and chicken for protein nutrient-rich collard greens and colorful vegetables—that I know it s good for me.

- **3 cups low-sodium chicken broth**
- **2 tablespoons tomato paste**
- **1 tablespoon canola oil**
- **12 ounces boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces**
- **½ teaspoon kosher salt plus a pinch, divided**
- **¼ teaspoon ground pepper**
- **1 medium sweet onion, chopped**
- **2 medium carrots, diced**
- **½ medium red bell pepper *or* 2 mini bell peppers, chopped**
- **3 cloves garlic, finely chopped**
- **1 tablespoon finely chopped fresh ginger**
- **½ cup crunchy peanut butter**
- **½ habanero chile *or* ¼ jalapeño pepper, seeded and finely chopped**
- **1 bay leaf**
- **¼ teaspoon ground coriander**
- **⅛ teaspoon ground cinnamon**
- **⅛ teaspoon ground cumin**
- **2¼ cups cubed peeled butternut squash**
- **2 cups packed sliced collards *or* other dark leafy greens**
- **Chopped fresh cilantro & unsalted peanuts for serving**

1. Whisk broth and tomato paste in a large measuring cup or bowl until smooth. Set aside.
2. Heat oil in a large pot over medium-high heat. Season chicken with ½ teaspoon salt and pepper. Add to the pot and cook, turning as needed, until browned on all sides, about 5 minutes. Transfer to a plate.
3. Add onion, carrots and bell pepper to the pot; cook, stirring often, until the onion is soft and translucent, 3 to 5 minutes. Add garlic and ginger; cook until fragrant, 45 to 60 seconds. Add the broth mixture, peanut butter, chile pepper, bay leaf, coriander, cinnamon, cumin and the remaining pinch of salt; stir until smooth. Add the chicken and any juices that have accumulated, squash and greens.
4. Reduce heat to medium-low, cover and cook until the vegetables are tender, about 15 minutes. Uncover and cook until the chicken is cooked through and the soup has thickened, about 5 minutes more. Discard the bay leaf. Sprinkle with cilantro and peanuts, if desired.

SERVES 4: 1¾ cups each
Cal 453 **Fat** 25g (sat 4g) **Chol** 80mg **Carbs** 34g **Total sugars** 12g (added 0g) **Protein** 30g **Fiber** 7g **Sodium** 608mg **Potassium** 1,027mg.

5 Scale Up

Weighing yourself regularly—even daily—is a key habit among those who are able drop pounds and keep them off, according to research at the National Weight Control Registry. Why? Because it allows you to course-correct before 2 pounds become 12. But it's a tool to be used for good, not guilt. "The number on the scale should never be some big shock that you freak out about," says Willis, who steps on the scale weekly. "Up, down or the same, I need to remember that my weight reflects only one piece of my story." And no matter the digits, there are lessons to learn. "If I'm down, it shows that what I did the prior days was effective. If there's no change, it's still progress, in my mind. Flat is the new down!" she laughs. And if she's up, that's OK too. "I think I've gained 5 pounds in the past month and a half, but I'm not stressed about it," says Willis. She allows for small fluctuations and uses the scale to keep tabs on her overall weight trends. Smart.

6 Take Care of All of You

"I put face lotion on every night. I rotate my ankles 10 times in bed before I go to sleep. It soothes and prepares my feet for the next day's walk. I no longer keep my phone on my bedside table. And I write in my gratitude journal too," says Willis. "These things have nothing to do with my weight loss and everything to do with my weight loss." Why? Because mindfulness and self-care lead to more of the same—and are key ingredients for success. According to a 2019 study published in the *Journal of Experimental Social Psychology* regularly writing about feelings of gratitude spurred healthier eating—specifically, the grateful folks ate less fast food and more vegetables each week. The researchers note that's because appreciation likely fosters motivation.

7 Be Accountable

No one needs to try to lose a bunch of weight or get healthier on their own. That s too much for one person says Willis.

That s why the whole accountability and support piece is tremendously helpful. For her walking buds help keep her on track. Before the pandemic I d walk with friends but it was random. Now I ve got a daily appointment so it s my routine. Having others who support you—and who you don t want to let down—can be hugely impactful. A trial published in the *Journal of Health Communication* found that people who enrolled in a weight-loss program with a buddy dropped more pounds—and inches off their waist—than those who embarked on the journey solo.

8 Dial Back the Booze

In my experience it s nearly impossible to lose weight and drink alcohol says Willis.

That s not to say that I don t drink at all I m just much more mindful about it now. That means instead of having a glass or two of wine while making dinner then more while eating it she often opts for water or tea. For the most part I save my alcohol for dinner with friends making it part of a celebration she says. Science supports this idea. A study published in the journal *Nutrients* found that replacing one beer with water each day was associated with lower obesity rates and greater weight loss over a four-year span. First alcoholic drinks pack a surprising number of calories and that s on top of whatever you re eating with them. And then there s the lowering-of-inhibitions issue that can easily turn a sliver of pie into a slab.

9 Eat the Cake

If I want a piece I m going to eat it—and I m not going to go for something that s mediocre says Willis. It ll be delicious and just enough cake to feel luxurious but not so much that it kills my healthy-eating game plan. This approach says Willis works better than renouncing any one food altogether.

Deprivation doesn t work for me she insists. In fact it doesn t work for anyone. Not only is this habit unsustainable a *Frontiers in Psychology* report found that rigid dieting strategies (like swearing off certain eats) directly led to *more* food cravings—which can result in less weight loss. Instead Willis is conscious of serving sizes. When she makes the cookies shown here for example she does a tiny batch so there s less temptation hanging around. Generosity helps too. I m always sharing food whether baked goods or dinners with my neighbors she says.

Small-Batch Crispy Chocolate Chip Cookies

ACTIVE: 10 min **TOTAL:** 25 min
TO MAKE AHEAD: Store airtight at room temperature for up to 2 days.
EQUIPMENT: Silicone baking mat or parchment paper

I do not want the enticement of dozens of cookies lying about on the counter or in the freezer. But sometimes I just need a bite of something sweet and chocolaty. This is my "tablespoon cookie" recipe—I don't even bother getting out the measuring cups. And I love how lacy and thin they are.

- **2 tablespoons unsalted butter, at room temperature**
- **2 tablespoons granulated sugar**
- **2 tablespoons turbinado sugar**
- **1 tablespoon unsweetened applesauce**
- **¼ teaspoon vanilla extract**
- **4 tablespoons white whole-wheat flour**
- **¼ teaspoon baking soda**
- **⅛ teaspoon kosher salt**
- **3 tablespoons dark chocolate chips**

1. Preheat oven to 350°F. Line a baking sheet with a nonstick silicone baking mat or parchment paper.
2. Combine butter, granulated sugar and turbinado sugar in a small bowl. Using a rubber spatula, stir until well blended. Add applesauce and vanilla; stir to combine. Add flour, baking soda and salt; stir to combine. Add chocolate chips and stir to combine. Using a tablespoon measure, scoop the dough onto the prepared baking sheet, spacing cookies about 2 inches apart.
3. Bake until the cookies are golden around the edges, about 8 minutes. Let cool on the pan for 5 minutes, then transfer to a rack to cool and firm up, about 10 minutes.
MAKES: 8 cookies (analysis per cookie)
Cal 97 **Fat** 5g (sat 3g) **Chol** 8mg **Carbs** 13g **Total sugars** 9g (added 9g) **Protein** 1g **Fiber** 1g **Sodium** 70mg **Potassium** 17mg.

Soup Beans with Cornbread & Kraut

ACTIVE: 25 min **TOTAL:** 1½ hours (plus overnight soaking)
TO MAKE AHEAD: Refrigerate beans (Step 1) for up to 3 days or freeze for up to 3 months.
EQUIPMENT: 8-inch cast-iron skillet

I usually make 1 pound of beans at a time. The first meal is generally these soup beans with cornbread and fermented cabbage. I use the rest in salads, mash them for not-refried beans, add to a burrito or eat as a side dish. Then, when I am tired of them, I freeze what's left in 1-cup containers. For a warm kick of spice, I season the cornbread heartily with freshly ground black pepper. (Photo: page 61.)

STYLING: LAUREN MCANELLY (FOOD) SCOTT JOHNSON (PROPS)

BEANS

- **1 pound dried pinto beans, picked over and rinsed, soaked overnight**
- **1 tablespoon canola oil**
- **1 medium onion, chopped**
- **10 cloves garlic, coarsely chopped**
- **8 cups Gingery Vegetable Broth** *(page 63) or* **low-sodium chicken broth**
- **2 bay leaves**
- **2 sprigs fresh thyme**
- **1 teaspoon kosher salt**
- **¼ teaspoon ground pepper**
- **1 cup sauerkraut** *or* **chowchow for serving**

CORNBREAD

- **1 tablespoon canola oil**
- **1 cup whole-grain cornmeal**
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **1 large egg, lightly beaten**
- **1 cup buttermilk**
- **⅛ teaspoon ground pepper**

1. To prepare beans: Drain and rinse beans. Heat oil in a large pot over medium heat *(or see Tip below)*. Add onion and cook until translucent, 3 to 5 minutes. Add garlic and cook until fragrant, 45 to 60 seconds. Add broth, bay leaves, thyme and the beans. Bring to a boil over medium-high heat. Reduce heat to low, cover and simmer until the beans are tender, 1¼ to 1½ hours. (You want them to remain whole and not falling apart.) Discard the bay leaves and thyme sprigs. Season with 1 teaspoon salt and ¼ teaspoon pepper.
2. Meanwhile, prepare cornbread: Preheat oven to 425°F. Add oil to an 8-inch cast-iron skillet and place in the oven for 5 minutes.
3. Combine cornmeal, baking soda and salt in a large bowl. Mix egg and buttermilk in a large measuring cup. Stir the wet ingredients into the dry to combine. Pour the hot oil into the batter and stir to combine, then pour the batter back into the hot skillet. Sprinkle with pepper.
4. Bake the cornbread until golden brown, 12 to 15 minutes. Transfer to a wire rack to cool slightly. Cut into 8 slices.
5. Serve the beans with the cornbread and sauerkraut (or chowchow).
SERVES 8: generous 1 cup beans, 1 piece cornbread & 2 Tbsp. sauerkraut (or chowchow) each
Cal 317 **Fat** 6g (sat 1g) **Chol** 24mg **Carbs** 53g **Total sugars** 3g (added 0g) **Protein** 16g **Fiber** 14g **Sodium** 640mg **Potassium** 788mg.

TIP: To cook beans in a slow cooker, combine the drained beans, onion, garlic, 5 cups broth (or water), bay leaves and thyme in a 6-quart or larger slow cooker. Cover and cook on Low until the beans are tender, about 6 hours. (You want them to remain whole and not falling apart.) Discard bay leaves and thyme sprigs. Season with 1 tsp. salt and ¼ tsp. pepper.

Smothered Chicken Breasts in Onion Gravy

ACTIVE: 25 min **TOTAL:** 55 min

Gravy gets a bad rap because it's often made with fat drippings or served over fried meat, but it's not inherently unhealthy. I love gravy; in my mind there are rivers of it in heaven! Using a minimum amount of oil to make the roux reduces calories. The result is good, country-style cooking—always welcome on my weight-loss plan. (Photo: page 58.)

- **2 tablespoons whole-wheat flour**
- **1 teaspoon onion powder**
- **1 teaspoon smoked paprika**
- **¼ teaspoon cayenne pepper**
- **¾ teaspoon kosher salt, divided**
- **¼ teaspoon ground pepper, divided**
- **1 pound boneless, skinless chicken breasts, trimmed**
- **2 tablespoons extra-virgin olive oil, divided**
- **3 medium sweet onions, sliced**
- **3 cloves garlic, minced**
- **1 cup low-sodium chicken broth**
- **1 tablespoon chopped fresh thyme**
- **1 bay leaf**

1. Preheat oven to 350°F.
2. Stir flour, onion powder, paprika, cayenne, ¼ teaspoon salt and ⅛ teaspoon pepper in a shallow dish. Pat chicken dry and dredge in the flour mixture to coat on both sides. Shake off excess. (Reserve the flour mixture for Step 4.) Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add the chicken and cook, flipping once, until brown, 1 to 2 minutes per side. Transfer to a plate.
3. Add onions and the remaining 1 tablespoon oil, ½ teaspoon salt and ⅛ teaspoon pepper to the pan. Reduce heat to medium. Cook, stirring occasionally, until the onions are golden brown, 5 to 7 minutes. Add garlic and cook until fragrant, 45 to 60 seconds.
4. Tip the remaining flour mixture into the onions and stir to coat. Add broth and increase heat to medium-high. Bring to a boil, stirring often. Adjust heat to maintain a simmer. Add the reserved chicken and any accumulated juices, thyme and bay leaf. Nestle the chicken into the onions and turn to coat.
5. Transfer the pan to the oven. Bake until an instant-read thermometer inserted in the thickest part of the chicken registers 165°F, 20 to 25 minutes. Discard the bay leaf.
SERVES 4: 3 oz. chicken & 1 cup onion gravy each
Cal 311 **Fat** 11g (sat 2g) **Chol** 83mg **Carbs** 24g **Total sugars** 13g (added 0g) **Protein** 29g **Fiber** 3g **Sodium** 450mg **Potassium** 766mg.

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sloths

are metabolic icebergs—and may be able to occasionally shut their metabolisms down entirely. It takes them days to digest their food, while we burn through ours in hours.

metabolism matters

The science behind how your body burns calories, and what does—and doesn't—speed up the process. By Barbara Brody

Everyone has that lanky friend who still slides easily into the jeans she wore in high school—even though she's in her 40s and has been pregnant three times. You, on the other hand, can't even look at a piece of cake without going up a pants size. It's your slow metabolism, right?

Maybe not. The truth is that metabolism has less to do with your weight than you might imagine. In fact, most people have no clue what the term even means, says metabolism researcher Herman Pontzer, Ph.D., an associate professor of evolutionary anthropology and global health at Duke University and author of *Burn.*

You probably think of metabolism as how quickly your body burns calories, but technically it's much more than just that. "Metabolism refers to a range of biological processes taking place within your body's cells and how many calories it takes to do that work," explains Pontzer. In other words, it's the total amount of energy your body requires for doing everything from making hormones and pumping blood to breathing and thinking. And whether you're worried about being able to power your basic bodily functions (unlikely) or are more concerned about how your clothes fit, that total breaks down into three categories: your resting metabolic rate, the thermic e ect of food, and the thermic e ect of physical activity.

First up is resting metabolic rate, which accounts for a whopping 60 to 75% of your total daily energy expenditure. And it's pretty much what it sounds like: the number of calories your body uses when you're just sitting around doing nothing. Then there's the thermic e ect of food, a fancy term for the amount of calories you burn by chewing and digesting what you eat and absorbing and storing those nutrients. It accounts for about 10% of your total daily energy expenditure. (This phenomenon explains why "negative calorie" foods—which contain fewer calories than required to break them down—*might* exist, though there's no solid proof that munching celery will somehow subtract calories from your body.) Lastly, there's the thermic

RANDAL FORD

effect of physical activity, meaning how much energy you use by being active. That comprises about 15 to 30% of the amount of energy you burn through every day—and it includes *everything* you do, including gym sessions, walking the dog and washing dishes. Seemingly insignificant motions—typing, tapping your toes, fidgeting—count too.

Each of these three components of metabolism play out differently from person to person, for reasons that are only partially understood. While it's easy to see why a Peloton instructor may burn more calories per day than a computer programmer, there's still quite a lot of variability. All things being equal (age, sex, size, etc.), research shows that range is plus or minus about 20%—meaning that you may require 2,400 calories a day to meet your body's energy needs, while another person needs 2,800 or just 2,000.

Measuring Metabolism

You can get a rough idea of your resting metabolic rate by breaking out a calculator and using the Mifflin-St Jeor formula. (Go to *eatingwell.com/metabolism* to figure out how fast yours is.) We say rough because it assumes that biological sex, age, height and weight are the only factors in the equation, which is not true. (And, of course, resting metabolic rate is only one of the three parts of metabolism—although it does account for the largest percentage of it.) Things like genetics, the functioning of your thyroid and body composition also play key roles. "Metabolism is largely determined by how heavy you are—more specifically, how much muscle and body fat you have," says Corby Martin, Ph.D., professor and director of the Ingestive Behavior Laboratory at Pennington Biomedical Research Center in Baton Rouge, Louisiana, which studies food intake and metabolism to develop novel weight-management strategies. It may seem counterintuitive, but the bigger you are, the more cells your body has to fuel, and the more energy you'll burn. Even the size of your organs matters significantly: research published in *PLOS One* found that up to 43% of the variation in metabolic rate between individuals can be attributed to differences in the size of their kidneys, muscles, brain and liver. Age matters too. As you get up there in years, your cells aren't as metabolically active—though it probably doesn't happen as early as you think it does. (More on that on page 72.)

For scientists like Pontzer, the gold standard for measuring *total* daily energy expenditure—including physical activity and the thermic effect of food, in addition to resting metabolic rate—is via the "doubly labeled water" method. Study participants drink water that contains special hydrogen and oxygen isotopes and researchers then test their urine for up to a week so they can determine how quickly those components are flushed out of their systems, which indicates how fast or slow someone's metabolism is.

Revving the Engine

Chances are you'll never participate in such an experiment, and that's OK. For starters, metabolism is far from the final word when it comes to your weight. If your goal is to shed some pounds, rather than trying to overhaul your body's internal furnace, Pontzer says the more effective strategy would be to focus on, "How do I get my diet to match my energy expenditure?" Yep, he's talking about the old calories-in versus calories-out math. That said, it is possible to give your metabolism a nudge, namely by strength training. Will it make you drop 25 pounds? No. But it could help peel off extra weight if you're already active and eating a healthy, lower-calorie diet.

Muscling Up

If you come back to the three components of metabolism—resting metabolic rate, the thermic effect of food, and physical activity—it's pretty clear that you have the most control over the third piece of that pie. Remember: it accounts for 15 to 30% of total energy expenditure. While any kind of movement you do increases your calorie burn, strength training has been shown to be especially helpful because it builds muscle—important because muscle requires more calories than fat just to maintain its presence on your body. Each pound of lean muscle you have burns about

DOPEYDEN/GETTY IMAGES

hummingbirds

have metabolisms that are 77 times faster than ours due to their high activity level—they clock 60 to 80 wing beats per second!

6 calories per day (when you're sedentary) compared to 2 calories daily for the same amount of fat. To give you an idea of how that can add up, the average adult carries somewhere between 46 and 73 pounds of muscle (it ranges due to factors like body size, age and sex).

"It's the most metabolically active tissue in the body, so increasing muscle mass via resistance training will increase a person's resting metabolic rate," says Len Kravitz, Ph.D., a researcher and professor of exercise science at the University of New Mexico in Albuquerque. "However, it's a mild increase because resting metabolic rate is multifactorial." A study published in the *European Journal of Clinical Nutrition* determined that nine months of resistance training three times a week upped participants' muscle mass by nearly 4 pounds and increased resting metabolic rate by around 5% among people who were active but had not lifted weights for a year prior to the trial. But the researchers noted that "there was wide variability between individuals." And a recent meta-analysis published in the

Calculate Your Calorie Burn

Scan with your phone s camera to find out how speedy your metabolism is.

debunked

As science has marched onward and upward, several "facts" we've come to believe about metabolism have landed squarely in the myth category.

Metabolism takes a nosedive in your 30s. For decades, health experts echoed this claim, which was based on some small association studies and the simple observation that weight tends to trend upward around that age. But a recent groundbreaking study published in the journal *Science* has exploded that idea. The researchers measured the total energy expenditure of more than 6,400 people from 29 countries (with that doubly labeled water test) and found that metabolism actually remains fairly stable from your 20s until around age 60. And it only dips about 0.7% each year after that.

"I'm in my 40s, and I was as surprised as anybody that there wasn't this change at midlife," says metabolism researcher Herman Pontzer, Ph.D., who was the lead study author. "But I also have two kids and a job. So many other things change as you age. Your food environment changes. Hormones change." In other words, weight gain during these decades may be common, but a slowing metabolism isn't why. You may be eating out more than you did in your 20s, for example, or are more sedentary because of a demanding desk job.

People who are overweight have slow metabolisms; thin folks have fast ones. Surprise—it's the opposite. Body size is the biggest determinant of metabolic rate because larger people require more calories to function. That also explains, in part, why people who manage to lose a significant amount of weight often regain it: when their bodies become smaller, their metabolisms slow down. (Slashing calories can also cause metabolism to dip.) So if they keep consuming the same number of calories as they did when they were heavier, their weight will creep back up.

Eating mini-meals helps speed your metabolism. Some people have better luck maintaining a healthy weight when they stick to three squares a day; others find that grazing prevents excessive hunger and overeating. While one eating pattern might work better for you than the other, most experts no longer believe that eating every few hours stokes metabolism. A review of studies published in the *Journal of the International Society of Sports Nutrition* concluded that, "Increased meal frequency does not appear to significantly enhance diet-induced thermogenesis, total energy expenditure or resting metabolic rate."

Men have faster metabolisms than women. Yep, it turns out that biological sex has nothing to do with it. This was another fallacy that came out of Pontzer's latest study. When he and the other scientists controlled for body size, they found that there were no significant differences in metabolic rate between men and women. That said, men tend to be bigger and have more muscle mass—two things that make a big difference when it comes to metabolism.

MOMENTSTOCK/GETTY IMAGES

capsaicin

(the compound that makes hot peppers hot) can give your metabolism a temporary boost.

Journal of Sports Sciences found that people who engaged in strength training had a resting metabolic rate that was 96 calories per day higher compared to controls—an average taken from the findings of 18 earlier studies. The takeaway: Whether you get a big bump or a more modest one, there are so many other benefits to building strong muscles, like stronger bones and a reduced risk of injury, that it's worth fitting in strength sessions—lifting weights, taking a conditioning class, doing power yoga, you choose—several times a week.

The Food Factor

You've probably seen a million stories on foods that supposedly stoke your metabolism. And although there is some science there, many experts, including Pontzer, don't believe dietary tweaks have any impact. Yet others, like Mercedes Carnethon, Ph.D., vice chair of the department of preventive medicine at Northwestern University's Feinberg School of Medicine, are more optimistic. She points to research—albeit mostly from small, preliminary studies—that suggests some foods can give your metabolism a kick, though she notes that they won't "overcome a plate of nachos consumed at midnight." Chief among them: upping your protein consumption, assuming you're currently falling short, as many older adults are. (If you're already eating plenty—like most other Americans—don't eat extra or you could overtax your kidneys.) That's because the thermic effect of digesting protein is much higher than that of fat or carbs. "An estimated 25 to 30% of the calories consumed in protein are used to break down and process it," says Lyssie Lakatos, RDN, CDN, CFT, a dietitian, personal trainer and co-author of *Fire Up Your Metabolism.* To find out how much protein you need, multiply your weight in pounds by 0.36 to get the number of grams to aim for.

Research has also found that capsaicin (the compound that makes hot peppers hot) can give your metabolism a temporary boost. The catch is that most studies on the topic have been small or only done on animals. (Diet trials are hard to do well because the way to get the highest-quality evidence is to closely control every aspect of the subjects' diets. Easy to do in mice; not so easy in humans.) Plus, the added calorie-burn isn't exactly impressive. For instance, one study found that people who ate 1 gram of red cayenne pepper (about ¼ teaspoon of the dried stuff) burned about 10 extra calories over the next four hours.

Capsaicin appears to work—at least a little—by heating you up from the inside, says Lakatos. (As body temperature rises, so does metabolism.) It might also help by increasing the amount of so-called brown fat in your body or making the brown fat you already have more active, so it burns more calories. This type of fat sits primarily in your neck and contains far more mitochondria—the energy powerhouses of cells—than white fat.

Then there's caffeine. While you don't want to go overboard—no one needs jitters or insomnia—this pick-me-up does seem to increase metabolism in a few ways. First, it's a stimulant, so it literally revs up energy use. It might also help by increasing the metabolic activity of brown fat, according to a small 2019 study at the University of Nottingham, a public research institution in the United Kingdom. Studies have shown that caffeine can increase your resting metabolic rate by anywhere from 3 to 11%. In one trial, adults who consumed 100 milligrams of caffeine (roughly the amount in an 8-ounce cup of coffee) several times a day burned an extra 79 to 150 calories. But other research suggests that to get the most benefit, you'd have to slug way more java than that. (Not a great idea.)

Lakatos is also a fan of green tea. It has less caffeine than coffee; however, it also contains an antioxidant called EGCG, which appears to increase brown fat. "Think of all these foods as bonuses," says Lakatos. "They're not going to make a major difference, but little things can add up."

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Call us obsessed but we eat them all year long. Right now that means tossing up a big bowl with some of winter's best produce: root vegetables

we dig this salad

By Selma Moreno

Photography by Leigh Beisch

Bitter Greens Salad with Beets & Oranges

Unless you have a root cellar, store celeriac and other root vegetables wrapped in your refrigerator. Keep potatoes and sweet potatoes in a paper bag or basket in a cool, dark place.

Celeriac & Lentil Salad with Poached Eggs

ACTIVE: 30 min **TOTAL:** 1 hr

Gnarly and knotty celeriac is a staple on many French bistro menus often shredded and tossed with rémoulade sauce. Here it s diced and combined with lentils and plenty of other veggies along with a poached egg on top for a salad packed with staying power.

- **1¼ cups dried French green lentils** *(see Tip page 78)*, **picked over and rinsed**
- **2 cups diced (½-inch) peeled celeriac (celery root)**
- **4 slices bacon, cut crosswise into ½-inch strips**
- **2 tablespoons white-wine vinegar**
- **2 large cloves garlic, grated**
- **2 teaspoons ground fennel seeds**
- **1 teaspoon Dijon mustard**
- **½ teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **½ cup extra-virgin olive oil**
- **4 cups lightly packed baby spinach**
- **1 cup thinly sliced fennel**
- **4 large radishes, thinly sliced**
- **6 large eggs**

1. Cook lentils in a large pot of simmering water until tender, about 20 minutes. Drain and spread on a large rimmed baking sheet to cool.
2. Bring 1 inch of water to a boil in the pot fitted with a steamer basket. Add celeriac. Cover and steam until tender, about 10 minutes. Transfer to the baking sheet to cool.
3. Meanwhile, cook bacon in a large skillet over medium heat, stirring occasionally, until crisp, about 8 minutes. Transfer to a paper-towel-lined plate.
4. Combine vinegar, garlic, ground fennel, mustard, salt and pepper in a large bowl. Gradually whisk in oil. Add the lentils and celeriac; toss to coat. Add spinach, fennel and radishes; toss to coat.
5. Bring 2 inches of fresh water to a simmer in the pot. One at a time, crack in eggs, spacing them apart. Simmer until the whites are set and the yolks are still soft, about 3 minutes. Using a slotted spoon, transfer the eggs to a paper-towel-lined plate.
6. Serve the lentil salad topped with the eggs and bacon.

SERVES 6: 1 egg & 1½ cups salad each
Cal 436 **Fat** 26g (sat 5g) **Chol** 192mg **Carbs** 30g **Total sugars** 4g (added 0g) **Protein** 19g **Fiber** 7g **Sodium** 496mg **Potassium** 520mg.

Lemony Shrimp, Kale & Potato Salad

ACTIVE: 30 min **TOTAL:** 30 min

TO MAKE AHEAD: Refrigerate dressing (Step 1) for up to 2 days.

Potatoes—particularly starchy ones like russets—absorb flavor like a sponge making them a great choice for salads with flavorful vinaigrettes like this one. They re technically tubers but are often considered a root since they grow underground.

- **3 large lemons, divided**
- **½ cup extra-virgin olive oil**
- **1 bay leaf, stem removed**
- **1 large clove garlic, peeled**
- **1 teaspoon honey**
- **½ teaspoon ground pepper**
- **¼ teaspoon kosher salt**
- **1 medium russet potato, peeled and cut into ¼-inch-thick slices**
- **1 pound raw shrimp (21-15 count), peeled and deveined**
- **4 cups coarsely chopped stemmed curly kale**
- **1 pint large cherry tomatoes, halved**
- **3 small Persian cucumbers, sliced**
- **½ cup thinly sliced red onion**
- **⅓ cup pitted Kalamata olives**
- **½ cup crumbled feta cheese**

1. Cut 1 lemon into 8 wedges and set aside. Cut peel and pith from the remaining 2 lemons. Working over a measuring cup, cut between the membranes and flesh to release the segments, letting them fall into the cup. Press on the segments; if you have less than ⅓ cup juice and fruit, squeeze 1 or more of the reserved wedges to make ⅓ cup. Transfer the segments and juice to a blender. Add oil, bay leaf, garlic, honey, pepper and salt; blend until very smooth.
2. Bring 1 inch of water to a boil in a medium saucepan fitted with a steamer basket. Coat the basket with cooking spray. Add potato slices, cover and steam until tender, about 8 minutes. Add shrimp and remove from heat. Cover and let the shrimp cook in the residual heat until they turn pink, about 1 minute.
3. Toss kale with the dressing in a large bowl. Massage the kale until the volume is reduced by half. Add tomatoes, cucumbers, onion and olives; toss to coat. Top with the shrimp, potatoes and feta. Serve with the lemon wedges.

SERVES 4: 2½ cups each
Cal 522 **Fat** 37g (sat 7g) **Chol** 199mg **Carbs** 21g **Total sugars** 7g (added 1g) **Protein** 28g **Fiber** 4g **Sodium** 675mg **Potassium** 933mg.

Bitter Greens Salad with Beets & Oranges

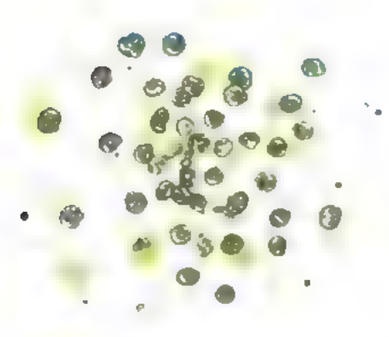
ACTIVE: 25 min TOTAL: 1¾ hrs
TO MAKE AHEAD: Refrigerate roasted beets (Step 2) and dressing (Step 3) for up to 2 days.
Beets may be earthy tasting of the soil they re grown in but these roots also contain the most natural sugar of any vegetable. And when roasted all that sweetness is intensified. This jewel-toned take on caprese swaps tomatoes for beets and oranges and basil for peppery arugula and radicchio. Toasted breadcrumbs sprinkled over the top add crunch. (Photo: page 75.)

- 1½ pounds medium beets
- ½ cup extra-virgin olive oil plus 1 tablespoon divided
- ¼ cup balsamic vinegar
- 2 tablespoons frozen orange juice concentrate thawed
- ¾ teaspoon kosher salt
- ¾ teaspoon ground pepper
- 4 small navel oranges
- ½ cup panko breadcrumbs preferably whole-wheat
- 1 5-ounce package baby arugula
- 4 cups coarsely chopped radicchio
- 8 ounces fresh mozzarella sliced and torn

1. Preheat oven to 375°F.
2. Wrap each beet in foil. Place on a baking sheet. Roast until tender about 1¼ hours. Let cool still wrapped for at least 30 minutes. Unwrap the beets trim and slip off their skins. Cut each beet into 8 slices or wedges.
3. Meanwhile combine ½ cup oil vinegar orange juice concentrate salt and pepper in a large bowl. Grate ½ teaspoon zest from an orange add to the bowl and whisk until blended. Reserve ½ cup dressing for drizzling. Set aside.
4. Cut ends off oranges. Stand on a flat side and cut off all peel and pith. Cut each orange crosswise into 8 slices.
5. Heat the remaining 1 tablespoon oil in a medium skillet over medium heat. Add panko and cook stirring until light golden about 2 minutes. Remove from heat.
6. Add arugula and radicchio to the large bowl with the dressing toss to coat. Arrange the beets the oranges and mozzarella on a platter. Mound the greens in the center and sprinkle with the breadcrumbs. Drizzle the reserved ½ cup dressing over the salad just before serving.

SERVES 6: 2 cups each
Cal 500 Fat 35g (sat 11g) Chol 47mg Carbs 34g Total sugars 20g (added 0g) Protein 14g Fiber 6g Sodium 391mg Potassium 776mg.

buyer's guide



French Green Lentils *(p.77)* Loaded with fiber and protein French green lentils hold their shape when cooked making them a good candidate for salads. Find them in natural-foods stores and specialty markets.

Creole Mustard *(right)* Defined by its horseradish flavor Creole mustard gets its signature spice from the brown seeds of Louisiana-grown mustard greens. Find it with other mustards at your supermarket or online.

Creamed Honey *(p.80)* Despite its appearance creamed honey features just one ingredient—honey. The sweetener gets run through a low-temperature process designed to control crystallization and keep it soft and spreadable. Look for it with other honeys at your grocery store or online.

Andouille, Sweet Potato & Broccoli Salad with Creole Mustard Dressing

ACTIVE: 20 min TOTAL: 40 min
TO MAKE AHEAD: Refrigerate dressing (Step 3) for up to 2 days. Bring to room temperature before serving.
EQUIPMENT: Parchment paper
Another tuber disguised as a root sweet potatoes are a member of the morning glory family. They come in a variety of colors—orange-fleshed ones tend to be sweet and creamy yellow varieties are drier and purple spuds fall somewhere in between. A drizzle of Creole mustard dressing gives this composed salad zing.

- 1 large sweet potato peeled and cut into ½-inch-wide wedges
- 2 tablespoons extra-virgin olive oil plus ¼ cup divided
- ¾ teaspoon ground pepper divided
- ½ teaspoon salt divided
- 6 cups broccoli spears
- 2 links andouille sausage (about 6 ounces total) each cut into quarters
- 3 tablespoons Creole mustard *(see Tip)*
- 2 tablespoons honey
- 1 tablespoon white balsamic vinegar
- 10 cups torn escarole
- 1 cup small grape tomatoes halved
- ¾ cup thinly sliced red onion
- ½ medium green bell pepper sliced

1. Preheat oven to 425°F. Line a rimmed baking sheet with parchment paper or foil.
2. Toss sweet potato wedges with 1 tablespoon oil and ¼ teaspoon each pepper and salt in a medium bowl. Spread evenly on one side of the prepared pan. Toss broccoli in the bowl with 1 tablespoon oil and ¼ teaspoon each pepper and salt. Spread evenly on the other side of the pan. Pierce sausage in several places with a fork and add to the pan. Roast flipping once until the sausage is heated through and the vegetables are tender and browned about 20 minutes.
3. Meanwhile combine mustard honey vinegar and the remaining ¼ cup oil and ¼ teaspoon pepper in a blender. Blend until smooth and thick.
4. Toss escarole with half the dressing in a medium bowl. Arrange on a platter with the sweet potato wedges broccoli sausage tomatoes onion and bell pepper. Drizzle with the remaining dressing.

SERVES 6: 2½ cups each
Cal 292 Fat 19g (sat 3g) Chol 17mg Carbs 25g Total sugars 10g (added 6g) Protein 9g Fiber 6g Sodium 707mg Potassium 579mg.

STYLING: DAN BECKER (FOOD) GLENN JENKINS (PROPS). ILLUSTRATIONS BY EMMA DIBBEN

sweet potato

Waldorf Salad with Chicken & Rutabaga

ACTIVE: 25 min **TOTAL:** 25 min

TO MAKE AHEAD: Refrigerate dressing (Step 2) for up to 2 days.

A cross between turnip and cabbage rutabagas have purple-tinged yellow skin and yellow slightly sweet flesh. Adding this veg along with chicken to this classic side transforms it into a hearty dinner salad.

- **1 large rutabaga, peeled** *(see Tip opposite)* **and cut into ½-inch cubes**
- **½ cup water**
- **⅓ cup creamed honey** *(see Tip page 78)*
- **⅓ cup cider vinegar**
- **¼ cup low-fat plain yogurt**
- **¼ cup light mayonnaise**
- **2 teaspoons Dijon mustard**
- **½ teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **⅛ teaspoon ground cinnamon**
- **12 ounces diced cooked chicken breast**
- **1 large crisp apple, cut into bite-size chunks**
- **1 cup thinly sliced celery**
- **1 cup red grapes, halved if large**
- **½ cup Marcona almonds, preferably rosemary-roasted**
- **7 cups chopped romaine lettuce**

1. Place rutabaga in a large microwave-safe bowl, add water and cover tightly. Microwave on High until tender, about 10 minutes. Uncover, being careful of the steam; drain and let cool, about 15 minutes.

2. Meanwhile, whisk honey, vinegar, yogurt, mayonnaise, mustard, salt, pepper and cinnamon in a large bowl until smooth.

3. Add the rutabaga, chicken, apple, celery, grapes and almonds to the dressing; toss to coat. Serve on lettuce.

SERVES 5: 2¾ cups each

Cal 410 **Fat** 16g (sat 2g) **Chol** 63mg **Carbs** 43g **Total sugars** 34g (added 18g) **Protein** 27g **Fiber** 6g **Sodium** 518mg **Potassium** 762mg.

Scan with your phone s camera for our most popular salad dressing ever.

Produce Pop
Some roots (like rutabaga), are coated in wax to preserve freshness or have tougher skin (like jicama). For easier peeling, use a paring knife instead of a vegetable peeler.

Southwest Chopped Salad with Tomatillo Dressing

ACTIVE: 25 min TOTAL: 25 min

Jicama is the crunchy sweet tuberous root of a legume native to Central America. If you love it in this salad try including sticks of it with your next crudités spread.

- ½ cup diced tomatillos
- ½ cup fresh cilantro leaves
- 2 small cloves garlic crushed and peeled
- 1 tablespoon finely chopped seeded jalapeño pepper
- cup extra-virgin olive oil
- 2 tablespoons distilled white vinegar
- 1 tablespoon lime juice
- 2 teaspoons agave syrup
- ¾ teaspoon kosher salt
- ¼ teaspoon ground cumin
- 4 cups chopped red cabbage
- 1¼ cups thinly sliced slender multicolored carrots
- 1 medium yellow bell pepper diced
- 1 cup diced peeled jicama *(see Tip left)*
- 1 cup small grape tomatoes halved
- 1 15-ounce can no-salt-added red black or pinto beans rinsed
- 1 cup diced pepper Jack cheese
- 1 ripe avocado diced
- Lightly crushed corn chips (optional)

1. Combine tomatillos, cilantro, garlic, jalapeño, oil, vinegar, lime juice, agave, salt and cumin in a blender. Process until smooth.

2. Place cabbage, carrots, bell pepper, jicama, tomatoes, beans and cheese in a large bowl. Add the dressing and toss to coat. Scatter avocado over the top and garnish with corn chips, if desired.

SERVES 4: 2½ cups each

Cal 519 Fat 37g (sat 9g) Chol 25mg Carbs 37g Total sugars 11g (added 3g) Protein 15g Fiber 14g Sodium 612mg Potassium 1,051mg.

SELMA MORROW *is a Minneapolis-based cookbook author and freelance recipe developer.*

Sunshine in a Jar

Want to add a layer of tart, tangy and just-a-little-bit-funky avor to almost any dish? It all starts by preserving the season's best citrus.
By Chandra Ram

PHOTOGRAPHY BY LEIGH BEISCH

In the lull of winter, when everything looks and feels muted and gray, there's nothing like a pop of lemon, lime, orange or grapefruit on your palate to bring sunny flavor that defies the chilly air. And while we love these fruits fresh, preserving them in salt turns the entire thing—rind, pith and all—delightfully tender with unmatched complexity. Plus you can transform them into a quotidian condiment by simply rinsing the fruit, pureeing it and stashing in your fridge. Then just scoop out a spoonful whenever a soup needs a little brightness or a plain bowl of hummus, yogurt or lentils could use some serious personality. Get the specifics on how it's done plus recipes for some of our favorite ways to use preserved citrus pastes—from tacos to drinks.

CHANDRA RAM *is a James Beard- and IACP-nominated cookbook author. Follow her on Instagram @chandrasplate.*

Preserved Lemon & Fennel Roast Chicken, PAGE 87

Fish Tacos with Preserved Grapefruit Salsa

Preserved Citrus Paste

ACTIVE: 30 min TOTAL: 3 weeks
TO MAKE AHEAD: Refrigerate for up to 1 year.
EQUIPMENT: Sterilized pint-size wide-mouth glass jar with lid *(see Tip below)*

If you need to add juice to fill the jar, use the same type as the citrus. The one exception is if you're preserving oranges: you'll need a more acidic juice, such as lemon, lime or grapefruit. Since you'll be eating the peel, consider using organic fruit, which is less likely to have traces of commonly used pesticides.

- 1 pound citrus (about 3 lemons, 5 limes, 2 oranges *or* 1 grapefruit), preferably organic
- ½ cup kosher salt
- Lemon, lime *or* grapefruit juice, as needed

1. Scrub fruit, being sure to remove any stickers. Trim stem ends of lemons, limes or oranges; trim both ends of grapefruit. Cut the fruit into 1½-inch-thick wedges.
2. Pack the fruit in a sterilized pint-size glass jar, layering salt between each wedge. Use a wooden spoon to press the fruit down and release the juice and make room for more fruit. Top off with enough citrus juice to cover the fruit, if needed.
3. Seal the jar tightly with the lid and leave it in a cool place, such as your countertop. Flip upside-down once or twice a day for 3 days so that the salt and juice distribute throughout the jar. You might need to open the jar and press the fruit down to keep it submerged. After a week, transfer the jar to the refrigerator for at least 2 weeks.
4. Rinse the citrus to remove excess salt. Puree in a food processor or blender. Refrigerate the paste for up to 1 year.

MAKES: about 2½ cups *(analysis per 1 Tbsp.)*
Cal 4 Fat 0g (sat 0g) Chol 0mg Carbs 1g Total sugars 1g (added 0g) Protein 0g Fiber 0g Sodium 175mg Potassium 20mg.

TIP: To sterilize jars and lids, submerge them in boiling water for 10 minutes.

Fish Tacos with Preserved Grapefruit Salsa

ACTIVE: 25 min TOTAL: 25 min

Tart preserved grapefruit and fresh grapefruit segments combine with avocado to make a complex salsa that pairs nicely with fish.

- 1 medium red grapefruit
- 1 ripe avocado, diced
- 1 small shallot, minced
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon preserved grapefruit paste *(left)*
- 2 tablespoons grapeseed *or* canola oil, divided
- 1 pound mild fish fillets, such as cod, halibut *or* rockfish
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- ½ cup shredded cabbage
- 8 6-inch corn tortillas, warmed *(see Tip below)*

1. Using a sharp knife, remove peel and white pith from grapefruit. Working over a medium bowl, cut grapefruit segments from their surrounding membranes, dropping them into the bowl; discard the membranes and any seeds. Add avocado, shallot, cilantro, preserved grapefruit paste and 1 tablespoon oil; toss to combine.
2. Heat a large cast-iron skillet over high heat. Add the remaining 1 tablespoon oil and heat until shimmering. Season fish on both sides with salt and pepper. Add to the pan and cook until lightly browned and starting to flake, 2 to 3 minutes per side, depending on thickness.
3. Serve the fish, salsa and cabbage in tortillas.

SERVES 4: 2 tacos each
Cal 387 Fat 17g (sat 2g) Chol 56mg Carbs 35g Total sugars 5g (added 0g) Protein 25g Fiber 7g Sodium 252mg Potassium 861mg.

TIP: Heat tortillas, one at a time, directly on a burner or in a hot pan until blistered in spots. *(Alternatively, wrap tortillas in a barely damp, clean kitchen towel or paper towel and microwave on High for 30 to 45 seconds.)*

Although each of these recipes calls for a specific type of preserved citrus, **they are all interchangeable!** And if you don't want to preserve your own citrus, grab a jar of preserved lemons at the grocery store and follow the instructions in Step 4 of Preserved Citrus Paste, above.

Cauliflower Rigatoni with Preserved Orange Tapenade

ACTIVE: 20 min TOTAL: 40 min
TO MAKE AHEAD: Refrigerate tapenade (Step 4) for up to 1 week.

The preserved orange in this tapenade brightens the flavor of the olives and complements the bright green notes from the parsley and basil. The tapenade is also great spooned over hummus used in place of pizza sauce as a sandwich spread or mixed into roasted vegetables.

- 1 large head cauliflower cut into 1-inch florets
- 6 tablespoons extra-virgin olive oil divided
- ¼ teaspoon ground pepper
- 8 ounces whole-wheat rigatoni
- ½ cup pitted green olives coarsely chopped
- ½ cup chopped fresh basil plus more for serving
- ½ cup chopped fresh parsley plus more for serving
- 1 tablespoon preserved orange paste *(see page 85)*
- 2 teaspoons capers rinsed
- 1 small clove garlic minced

1. Preheat oven to 400°F. Bring a large pot of water to a boil.
2. Toss cauliflower with 1 tablespoon oil and pepper on a large rimmed baking sheet. Roast, stirring once, until tender and browned, about 20 minutes.
3. Meanwhile, cook rigatoni in the boiling water according to package directions.
4. Combine olives, basil, parsley, preserved orange paste, capers and garlic in a large bowl. Stir in the remaining 5 tablespoons oil.
5. Reserve ½ cup of the cooking water; drain the pasta and add to the bowl with the tapenade. Add the cauliflower and ¼ cup of the reserved cooking water; toss to combine. Stir in the remaining ¼ cup water. Serve topped with more basil and parsley, if desired.

SERVES 4: 2¼ cups each
Cal 489 Fat 26g (sat 4g) Chol 0mg Carbs 55g Total sugars 6g (added 0g) Protein 12g Fiber 10g Sodium 486mg Potassium 924mg.

Preserved Lemon & Fennel Roast Chicken

ACTIVE: 10 min TOTAL: 2 hrs 20 min
TO MAKE AHEAD: Prepare through Step 2 refrigerate chicken for up to 8 hrs.
EQUIPMENT: Spice grinder

The flavors in this spice rub are reminiscent of Italian gremolata. Turn any leftover meat into a fantastic chicken salad. (Photo: page 83.)

- 1 tablespoon fennel seeds
- 1 teaspoon crushed red pepper
- 1 teaspoon kosher salt divided
- ¼ teaspoon ground pepper divided
- 2 tablespoons preserved lemon paste *(see page 85)*
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic minced
- 1 4- to 5-pound whole chicken giblets removed

1. Combine fennel seeds crushed red pepper ½ teaspoon salt and teaspoon pepper in a spice grinder or clean coffee grinder grind to a powder. Transfer to a bowl and whisk in preserved lemon paste oil and garlic until combined.
2. Pat chicken dry with paper towels. Loosen the skin over the breast and thigh meat and rub the spice mixture under the skin. Sprinkle the remaining ½ teaspoon salt and teaspoon pepper on the chicken. Refrigerate uncovered for at least 1 hour or up to 8 hours.
3. Preheat oven to 475°F.
4. Place the chicken breast-side up on a wire rack in a roasting pan. Roast for 20 minutes.
5. Reduce oven temperature to 425°. Continue roasting until an instant-read thermometer inserted in the thickest part of a thigh without touching bone registers 165°F about 40 minutes more.
6. Transfer the chicken to a clean cutting board and let rest for at least 10 minutes before carving.

SERVES 8: 3 oz. chicken each
Cal 170 Fat 7g (sat 1g) Chol 78mg Carbs 1g Total sugars 0g (added 0g) Protein 24g Fiber 0g Sodium 374mg Potassium 310mg.

Scan with your phone s camera to get Chandra Ram s recipe for olive oil cake made with preserved blood orange paste.

Preserved Lime Soda

ACTIVE: 5 min TOTAL: 5 min

Salt-lime soda is a popular drink in India. It s tart and refreshing making it an excellent alcohol-free cocktail. Be sure the preserved lime paste is very smooth so it melts into the sugar.

- 1 teaspoon preserved lime paste *(see page 85)*
- 1 teaspoon granulated sugar
- 1 cup sparkling water
- Crushed ice

Using a muddler or the handle of a wooden spoon mash preserved lime paste and sugar in a tall glass until the sugar dissolves. Add sparkling water stir and top with crushed ice.

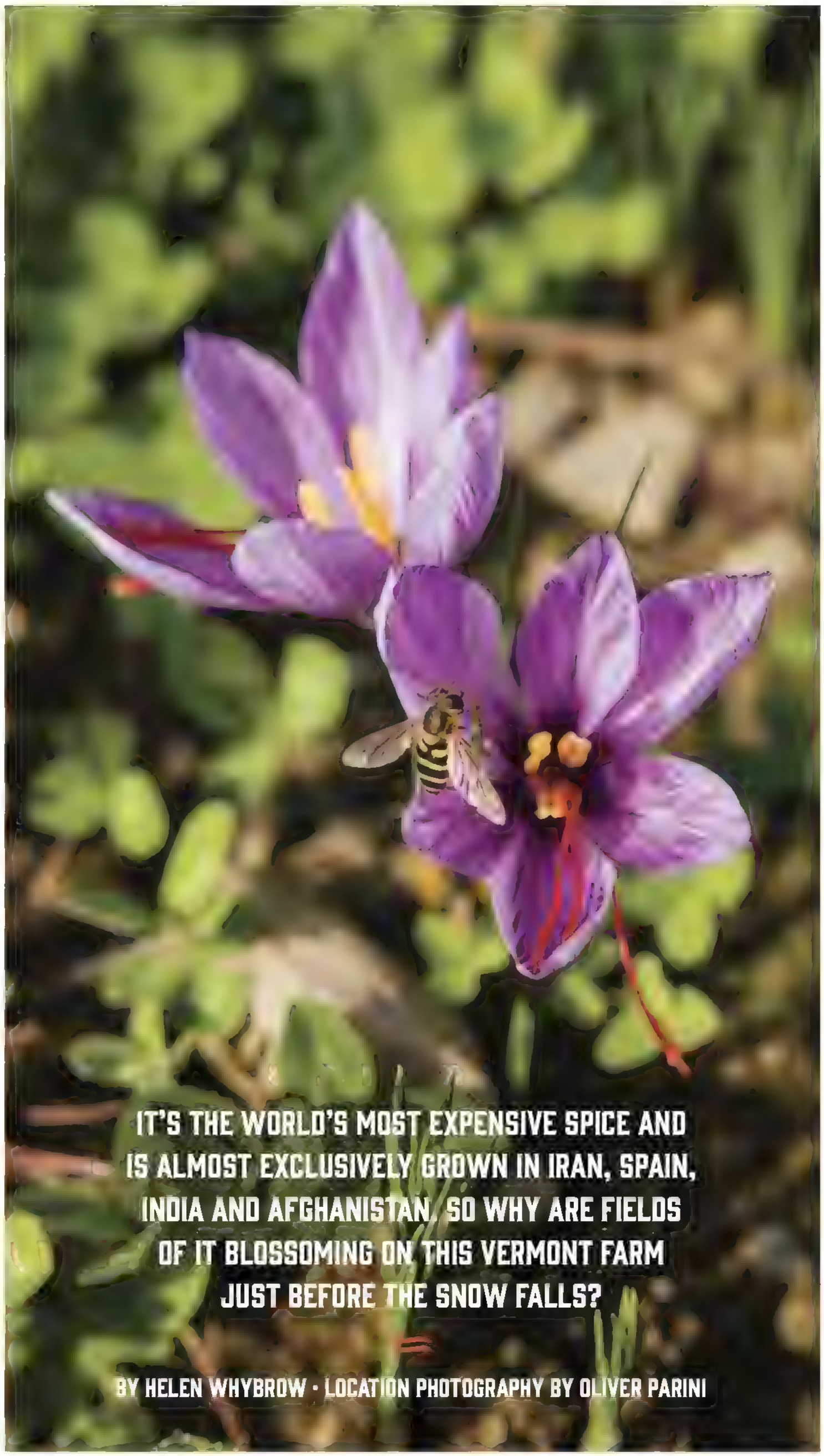
SERVES 1: 1 cup
Cal 18 Fat 0g (sat 0g) Chol 0mg Carbs 5g Total sugars 4g (added 4g) Protein 0g Fiber 0g Sodium 58mg Potassium 7mg.

STYLING: DAN BECKER (FOOD) GLENN JENKINS (PROPS)

Just as fall s cool shorter days set the leaves aflame at Calabash Gardens they also signal the rows of saffron crocus different from the common spring-time variety to bloom. Each blossom has three long stigmas plucked and dried they re better known as saffron.

THE RISE OF AMER

ICAN


IT'S THE WORLD'S MOST EXPENSIVE SPICE AND
IS ALMOST EXCLUSIVELY GROWN IN IRAN, SPAIN,
INDIA AND AFGHANISTAN. SO WHY ARE FIELDS
OF IT BLOSSOMING ON THIS VERMONT FARM
JUST BEFORE THE SNOW FALLS?
BY HELEN WHYBROW • LOCATION PHOTOGRAPHY BY OLIVER PARINI

SAFFRON

On a brisk morning in late October, wisps of snow and brittle leaves scuttle across the hillside at Calabash Gardens in Wells River, Vermont. In the semi-frozen field, in an acre of cultivated ground surrounded by a tall deer fence, delicate purple *Crocus sativus* blossoms quiver in the stark landscape like the wings of exotic moths. Bend down and you can see three bright red stigma—the female parts of a flower—protruding from the center of each small, goblet-shaped bloom. This ephemeral bit of botany is saffron, the most expensive spice in the world.

Bundled against the cold, Claudel "Zaka" Chery and Jette Mandl-Abramson walk the field, plucking the blossoms into baskets and stopping now and then to blow on their bare hands. The flowers are the first signs of life from 180,000 corms, the enlarged stems, that lay dormant under the soil all summer. The harvest from the fall-blooming saffron crocus will last until the temperature stays below freezing. Chery is all too aware that in this cold hollow, harvest time could last a month, or just until tomorrow. Later, at the kitchen table, pulling apart the blossoms to remove the saffron threads, Chery counts each one—361 that day—which he records in a little notebook.

When Chery left Haiti after the devastation of the earthquake in 2010, he never imagined he would end up farming in Vermont. Led there by grief, to find solace with the family of a dear friend who had died, he didn't even have a car, let alone land. He didn't intend to stay. Then he met Mandl-Abramson, an herbalist and artist, with bird tattoos flying off each shoulder, dreaming of her own farm. In 2017, about a year after the couple met, Mandl-Abramson stumbled across a University of Vermont article about growing saffron. Something clicked. "Saffron was how I finally persuaded Zaka to farm with me," says Mandl-Abramson. "Saffron was difficult and experimental, and we had the chance to be leaders. Hardly anyone was doing it."

The Golden Ticket

In the last five years, hundreds of small farms across the U.S. have begun growing saffron with the hope of tapping a highly lucrative niche in the artisanal spice market. Pound-for-pound on par with gold, high-end saffron sells for as much as $50 a gram. To a farmer, *Crocus sativus* has a lot going for it beyond the price tag: plant it once and it will come back year after year and multiply on its own; it adapts to extreme environments and poor soils; and its harvest comes when other crops no longer need attention. On the flip side, nearly every step of growing and processing saffron must be done by hand. As with any gold rush, success with the gold spice requires a huge dollop of perseverance—maybe even obsession—as these farmers are finding out.

Saffron's value, and perhaps a large part of its allure to

the human imagination for millennia (one of the oldest depictions of saffron is a 3,000-year-old fresco at the Palace of Minos at Knossos in Crete), comes from its elusive nature. Each blossom lasts 3 to 4 days and produces three tiny scarlet stigmas, which must be separated from the other flower parts and then dried within 24 hours of picking; it takes about 500 of these aromatic threads to produce a single gram. You can do a full day's work and hold in your palm a harvest weighing less than a hummingbird.

Like most spices, saffron has its cultural niche: in Persia and Arabia, it appears in everything from cocktails to ice cream, even beauty cream and fabric dye. In Mediterranean cuisine, saffron has lent its distinctive woodsy note to bouillabaisse since Roman times, and in India—where it has also long been part of the spice trade—some cooks add it to recipes like biryani, turning layers of rice cooked with spices, vegetables and meat a sunny yellow. Used as much for the rich golden color as the sweet earthy aroma it gives the food, its taste is more atmospheric than assertive, like freshly mown hay drying in the sun with bitter herbs and flowers.

Native to the Middle East, saffron is typically grown in hot, dry climates and it is harvested for export only in places where hand labor is cheaply available. Around 90% of the world's saffron is grown in Iran. Spain, Afghanistan and India are also exporters. The U.S. imports roughly 75 tons of saffron a year and farming it domestically has been nearly unheard of since Pennsylvania Dutch settlers grew it in the 1700s (a few still do) and sold it to Spanish colonists in the Caribbean.

Rahmatallah Gheshm, a postdoctoral fellow in agroecology at the University of Rhode Island, who studied saffron for two decades in his native Iran before coming to the U.S., sees a big opportunity. "Saffron is endangered," he says. He predicts that in the next 10 years Iran's saffron harvest—some 200 tons—will drop by half. In Khorasan Province, where the majority of saffron is grown, studies show that much of the land is steadily becoming unproductive desert, with higher levels of salinity in the aquifers due to climate change. Because of the high cost of labor, Gheshm doesn't see the U.S. ever coming close to filling such a large gap, but he imagines a time when saffron will be grown widely on small farms and sold locally.

An Idea Blossoms

At nearly an acre, Calabash Gardens is the largest saffron farm in Vermont and probably in the entire United States, according to Margaret Skinner, a research professor and extension entomologist at the University of Vermont. Skinner, who has a voice full of infectious enthusiasm, has been instrumental in helping the majority of American saffron farmers get started in the last five years. She became a leading resource on growing the spice in the U.S. mostly by accident. One day in 2015, Arash Ghalehgolabbehbahani, a UVM postgraduate fellow who grew up in Tehran, asked her why Vermont farmers didn't grow saffron.

"My initial reaction was, 'That's a really crazy idea,'" says Skinner. "I didn't think it would survive the cold." But if it did, she thought, the fall-blooming *Crocus sativus* could

Via her University of Vermont program Margaret Skinner ***(below)*** supports American saffron farmers like Claudel Zaka Chery and Jette Mandl-Abramson ***(opposite)***.

be a high-value crop for vegetable farmers—not requiring a heated greenhouse and hitting at a time of year when an additional revenue stream was welcome. "We envisioned this as a crop to support our small diversified farms," she explains.

The outlay of time and money to plant an acre of sa ron can be daunting. The corms themselves, which most farms import from specialized growers in Holland, cost around 20 to 40 cents each, which could run to $30,000 for an acre. The first year's harvest won't impress anyone, but three years after planting, Skinner estimates, 1 acre of *Crocus sativus* could produce $100,000 of sa ron. These are the kind of numbers that UVM's North American Center for Sa ron Research and Development has estimated based on their research to date.

When funding is available the Center donates corms and equipment to farmers for sa ron trials, researches di erent growing and drying methods and organizes an annual conference drawing hundreds—"a wild session of all kinds of di erent people looking for the new gold rush," according to one participant. Most influential of all is the center's Sa ronNet—a Listserv with 800 active users, from 25 states and 15 countries, all posting tips and questions on growing sa ron.

Sustaining Small Farms

It's 2 a.m., and a single headlamp shines in the dark along the edge of Peace and Plenty's sa ron field in Kelseyville, California. Little by little, a dozen points of light converge and dance up and down the rows in the cold November pre-dawn. No one is awake enough to talk; the only sound is the distinctive squeak of crocus blossoms being plucked and put into buckets. Hours later, as the roosters start to crow and the first light cracks the horizon, the harvesters pick up the pace, racing the sun.

At this farm, the delicate sa ron flowers push up not through snow but a sun-parched crust of earth in a landscape scarred by drought. Melinda Price and Simon Avery dreamed of farming for years but "didn't think carrots and kale would pay the mortgage." Sa ron held promise of something more lucrative on a small scale. They bought their first crocus corms even before they bought land.

To harvest their half-acre requires 14 people working up to 14 hours a day. Young people who are attracted to the madcap adventure of picking sa ron as an endurance sport come to camp in the fields for a few weeks. They pick at least 40,000 flowers before the intense sun hits the field and wilts them ("they would turn to wet glop," says Price), then all afternoon in the shade of walnut trees they separate the stigmas from the petals with pollen-stained hands and place the threads into dehydrators. After drying, the sa ron is sealed in jars.

Price's voice slows when she talks about cooking simple meals with sa ron for her farm crew and the more elaborate menus at her farm-to-table events created by chef Arnon Oren of Anaviv. Guests sit at long tables under the walnut trees and eat a five-course sa ron-inspired meal with local wines; menus have included chicken roasted with sa ron butter, lamb tagine with sa ron rice, and sa ron ice-cream with grilled figs. "If you want to highlight sa ron as the star, you definitely want to use the locally grown one," says Oren. It has more color and flavor, he says, and "smells so, so earthy and powerful."

Price admits that at least half her customers are unfamiliar with sa ron. "They point to the lavender field and ask if that's the sa ron," she says. Her mission is to spread enthusiasm. She encourages people to "be adventuresome, to try it in everything." As for the expense—her sa ron sells for $75 a gram in a cute jar with a label that reads "Life Is Golden"—she reminds people that a little bit goes a long way. "Three threads of sa ron will make a pot of rice," she says.

When drying the stigmas after harvest time and heat must be carefully managed to preserve compounds that impact different characteristics safranal (aroma) crocin (color) and picrocrocin (taste).

BOUILLABAISSE,
PAGE 96

Recipes by Bill Millholland
Food photography by Jacob Fox

Be saffron Savvy

Yes it s pricy so you want to be sure you re getting what you paid for. Here are some things to consider.

Choose Threads

Skip powdered saffron—it loses flavor more quickly, and it's easier for it to be adulterated with fillers.

Read You may see a quality grade on labels. Some grading systems indicate what part of the flower is included (stigma-only, without any of the style which it attaches to, is the highest grade). Others are based on measures of active ingredients, primarily crocin, which gives the saffron coloring power. Unfortunately there is no universal system (e.g., "Grade 1" used by the International Standard Organization and "Coupe" used in the Spanish system both indicate the highest level of crocin). Ideally, you'll find a harvest date within the last year on the package. Buy it in small amounts to avoid leftovers sitting around losing potency.

Inspect It should look like red threads, typically snarled into a jumble. The threads can have variation in color from pure red to a lighter orangy-yellow, which is where the stigma attaches to the style of the flower.

Sniff It should smell strongly of dried hay and fall leaves.

Buy Try these sites for American-grown saffron:

- *lemonfairsaffron.com*
- *peaceplentyfarm.com*
- *txsaffron.com*
- *calabashgardens.com*

Creating a Market

Meraki Meadows in the dust-mote town of New Home, Texas, is a two-family operation where all six kids, ages 7 to 16, are on the website sta page with roles like Executive Flower Smeller and Dirt Quality Analyst. Karl McDonald and his in-laws, the Becks, had 15 acres and started researching a crop that could be profitable without much land or rain, and would "give the kids an activity." Sa ron kept coming to the top of the list. The name they chose for the farm, Meraki, is a Greek word meaning to put yourself into something with heart and soul.

During the fall of 2020 when the pandemic confined them at home, all 10 family members planted 20,000 corms of sa ron on a half-acre and got their first harvest a few months later, truly a family e ort. "The kids got up to pick before they went to school, then came home and processed after," McDonald says.

As remote as it is, Meraki Meadows gets few visitors. They sell directly from their website. "Our biggest gap is marketing," McDonald says. Like Calabash Gardens and Peace and Plenty Farm, they will soon be producing too much sa ron to sell it all directly to home cooks; they will need partnerships with companies looking to turn it into value-added products, such as sa ron-infused soap, candles or honey, something Peace and Plenty has found a strong market for.

For Calabash Gardens in Vermont, that partner is Lemonfair Sa ron, a company started in 2017 by Parker Shorey. Shorey thinks of himself as "the pollinator bee" helping Vermont sa ron growers reach markets in New York City, where he is based, and beyond. He pays farmers at least 50% of his retail price (currently $56 a gram) for bulk sa ron, then takes it through an added drying process by spreading the threads on copper trays over the coals of a maple-wood fire. This fire-drying technique is traditional in colder climates where sa ron is grown, and Shorey learned it from growers in Tuscany. Though much trickier than using the sun or a commercial dehydrator as most growers do (the first time Shorey tried it he accidentally tipped several hundred dollars' worth of sa ron into the coals), drying sa ron over a fire "brings out the radiant color and mild fruity aroma of fresh sa ron," he says. He sees sa ron following in the footsteps of the craft cider and artisanal cheese that are now mainstays of Vermont's food culture but were rare a decade ago.

Though still a microbusiness, Lemonfair is at an inflection point, he says and will purchase three times as much American sa ron from growers this year as it did in 2021. The home-cooking trend triggered by the pandemic seems to be continuing, Shorey says, and he sees locally sourced spices as the next wave of Americans' interest in artisanal and local foods.

Shorey recently checked in on Zaka Chery's crop at Calabash Gardens. "The gauntlet was thrown," Shorey says. "We have to really work on the demand because they are going to have a ton of sa ron next year." Well, maybe not a ton, but if the weather cooperates, possibly as much as 6 pounds, which translates to 5,400 half-gram jars of the gold spice.

As a filmmaker by training, Chery isn't daunted by the challenge of telling the story of locally grown sa ron to new customers. The farming piece still leaves him nervous. "We're going to be picking half a million flowers," he says. "We won't eat or sleep. It's going to be maddening," Chery adds, with a look that says this is a madness akin to chasing an unrequited love.

HELEN WHYBROW *is a freelance writer and editor-at-large for* Orion Magazine.

"We envisioned this as a crop to support our small diversified farms." —Margaret Skinner

Saffron Chicken Korma

ACTIVE: 45 min TOTAL: 1 hr 5 min

Layers of spices including cardamom, coriander, cinnamon, saffron and more flavor this yogurt-braised chicken, a spin on the Mughlai Indian dish. Serve with basmati rice or naan.

- 5 tablespoons canola, avocado *or* grapeseed oil, divided
- 5 cups thinly sliced onions
- ¼ cup unsalted cashews
- ¼ cup water
- 1½ cups low-fat plain yogurt
- 2 teaspoons garam masala
- ½ teaspoon ground cardamom
- ½ teaspoon cayenne pepper
- ½ teaspoon ground coriander
- ½ teaspoon ground turmeric
- ¼ teaspoon crushed saffron threads
- ½ teaspoon black peppercorns, crushed
- 1 bay leaf
- 1 cinnamon stick
- 2 pounds boneless, skinless chicken thighs, trimmed and cut into 2-inch pieces
- 3 cloves garlic, grated
- 2 tablespoons grated fresh ginger
- 1 cup low-sodium chicken broth
- 1 teaspoon kosher salt
- Coarsely chopped fresh cilantro for garnish

1. Heat 4 tablespoons oil in a large skillet over medium-low heat. Add onions and cook, stirring frequently, until caramelized and slightly crispy, 25 to 30 minutes. Transfer to a blender and add cashews and water. Blend until smooth.

2. Combine yogurt, garam masala, cardamom, cayenne, coriander, turmeric and saffron in a medium bowl. Set aside.

3. Place the pan over medium heat and add the remaining 1 tablespoon oil. Add peppercorns, bay leaf and cinnamon stick and toast until fragrant, 10 to 15 seconds. Add chicken, garlic and ginger and cook, stirring occasionally, until the chicken starts to brown, 5 to 7 minutes.

4. Stir in the pureed onion mixture, the yogurt mixture, broth and salt. Adjust heat to maintain a low simmer; partially cover and cook, stirring occasionally, until the chicken is tender and reaches an internal temperature of 165°F, about 20 minutes. Discard the bay leaf and cinnamon stick. Garnish with cilantro, if desired.

SERVES 6: generous 1 cup each

Cal 373 Fat 21g (sat 4g) Chol 145mg Carbs 12g Total sugars 4g (added 0g) Protein 34g Fiber 2g Sodium 514mg Potassium 510mg.

Sa ranskaka (Sa ron Cake)

ACTIVE: 25 min TOTAL: 2½ hrs
EQUIPMENT: 9" springform pan, parchment paper

This saffron cake is often served for fika a morning or afternoon break in Sweden when people gather and enjoy sweets and coffee. Our version uses whole-wheat pastry flour for added fiber and almond flour for nutty flavor.

- 10 tablespoons (1¼ sticks) unsalted butter
- ¼ teaspoon crushed saffron threads
- 3 large eggs
- 1¼ cups granulated sugar
- cup low-fat milk
- 6 tablespoons canola *or* extra-virgin olive oil
- 1 cup all-purpose flour
- 1 cup whole-wheat pastry flour
- ½ cup almond flour
- 1 tablespoon baking powder
- Pinch of salt
- ½ cup golden raisins
- ½ cup sliced almonds toasted
- Confectioners sugar for dusting

1. Preheat oven to 350°F. Coat a 9-inch springform pan with cooking spray, line with parchment paper and spray again.
2. Melt butter in a medium saucepan over low heat and add saffron. Set aside to cool slightly.
3. Meanwhile, beat eggs and granulated sugar in a large bowl with a hand mixer, or stand mixer fitted with the whisk attachment, on high speed until pale yellow, about 3 minutes. With the mixer on low, add milk, oil and the saffron butter. Mix for 1 minute. Whisk all-purpose flour, whole-wheat flour, almond flour, baking powder and salt in a medium bowl. Stir into the batter using a flexible spatula. Stir in raisins. Pour the batter into the prepared pan.
4. Bake until a toothpick inserted in the center comes out clean, 45 to 50 minutes. Let cool for 10 minutes. Run a knife around the pan edge and unmold the cake onto a wire rack. Cool completely, about 1 hour. Top with almonds; dust with confectioners' sugar, if desired.

SERVES 16: 1 slice each
Cal 315 Fat 17g (sat 6g) Chol 54mg Carbs 37g Total sugars 20g (added 16g) Protein 5g Fiber 3g Sodium 120mg Potassium 140mg.

Bouillabaisse

ACTIVE: 1 hr TOTAL: 1 hr 25 min
TO MAKE AHEAD: Refrigerate rouille (Step 2) for up to 2 days.

This simplified take on the Provençal seafood soup uses prepared fish stock—no need to make it. The recipe yields more rouille (traditional red pepper sauce) than you ll need—leftovers can top fish or roasted vegetables. (Photo: page 93.)

- 1 6-inch baguette preferably whole-wheat
- 1 tablespoon extra-virgin olive oil plus ½ cup divided
- 1 cup jarred roasted red peppers rinsed
- 1 small clove garlic crushed and peeled plus 3 cloves chopped
- 1½ tablespoons plain breadcrumbs
- ¼ teaspoon kosher salt divided
- Pinch of cayenne pepper
- 1 cup chopped leek
- 1 cup sliced fennel
- 2 tablespoons tomato paste
- 1 cup dry white wine
- ¼ cup Pernod *or* pastis
- 4 cups fish stock
- 6 ounces fingerling potatoes scrubbed and cut diagonally in half
- ½ teaspoon crushed saffron threads
- 1 bouquet garni: 1 bay leaf 3 sprigs thyme 3 parsley stems ½ teaspoon whole peppercorns 3 whole cloves 2-inch strip orange peel tied in cheesecloth
- 1 pound mussels scrubbed and debearded
- 12 raw shrimp (31-35 count 8 ounces) peeled and deveined
- 12 sea scallops tough side muscle removed
- 12 ounces white fish fillet such as grouper *or* snapper cut into 6 pieces
- Chopped fresh parsley for garnish

saffron brings radiant color and peppery aroma to any dish, from cakes to stews.

1. Preheat oven to 350°F. Slice baguette diagonally into 12 pieces. Place on a baking sheet and brush both sides with 1 tablespoon oil. Bake until golden brown, flipping once, about 25 minutes. Set aside.
2. Meanwhile, combine peppers, crushed garlic, breadcrumbs, ⅛ teaspoon salt and cayenne in a blender. Puree until smooth, about 20 seconds. With the blender running, slowly drizzle in ¼ cup oil. Set aside.
3. Heat the remaining ¼ cup oil in a large heavy pot over medium-low heat. Add leek, fennel and the remaining ⅛ teaspoon salt. Cook until the vegetables are soft and translucent, 8 to 10 minutes. (Do not brown.) Add the remaining 3 cloves chopped garlic and tomato paste and cook for 1 minute. Add wine and Pernod (or pastis) and simmer until reduced by half, about 5 minutes. Add stock, potatoes, saffron and bouquet garni. Bring to a simmer. Adjust heat to maintain a simmer, cover and cook until the potatoes are tender, 25 to 30 minutes. Discard the bouquet garni.
4. Nestle mussels, shrimp, scallops and fish into the broth, making sure each piece is submerged. Cover and simmer until the fish is cooked and the mussels have opened (discard any unopened mussels), 3 to 5 minutes.
5. Dollop 2 teaspoons rouille on each toast. (Reserve the remaining rouille for another use.) Serve the bouillabaisse with the toasts; garnish with parsley, if desired.
SERVES 6: 1⅔ cups soup, 2 toasts & 4 tsp. rouille each
Cal 519 Fat 20g (sat 3g) Chol 96mg Carbs 39g Total sugars 2g (added 0g) Protein 33g Fiber 3g Sodium 885mg Potassium 877mg.

STYLING: LAUREN MCANELLY (FOOD) SCOTT JOHNSON (PROPS)

Red Lentil Soup with Sa ron

ACTIVE: 20 min TOTAL: 40 min
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.
This hearty red lentil soup uses spices common in Persian cuisine: turmeric cumin and saffron. Enjoy it with a warm baguette or steamed rice.

3 tablespoons extra-virgin olive oil
2 medium carrots finely diced
2 stalks celery finely diced
1 large onion finely diced
3 cloves garlic minced
1 tablespoon tomato paste
½ teaspoon ground cumin
¼ teaspoon crushed saffron threads
¼ teaspoon ground turmeric
4 cups low-sodium no-chicken *or* chicken broth
1½ cups water plus more as needed
1 pound red lentils (2 cups) picked over and rinsed
5 ounces spinach coarsely chopped
1 teaspoon kosher salt
1 teaspoon ground pepper
Plain yogurt & chopped fresh mint for garnish

1. Heat oil in a large heavy pot over medium heat. Add carrots, celery and onion and cook until starting to soften, 7 to 10 minutes. (Do not brown.) Stir in garlic, tomato paste, cumin, saffron and turmeric and cook for 1 minute.
2. Add broth, water, lentils, spinach, salt and pepper. Bring to a simmer. Adjust heat to maintain a simmer, cover and cook, stirring as needed to prevent sticking, until the lentils and vegetables are tender, 15 to 20 minutes. Add more water if desired.
3. Garnish with yogurt and mint, if desired.
SERVES 8: generous 1 cup each
Cal 280 Fat 7g (sat 1g) Chol 0mg Carbs 42g Total sugars 2g (added 0g) Protein 15g Fiber 8g Sodium 364mg Potassium 512mg.

BILL MILLHOLLAND *is a chef, recipe developer and photographer. Based in the Midwest, he's an avid vegetable gardener.*

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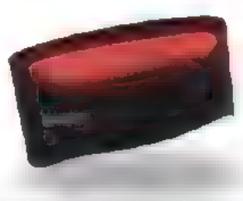

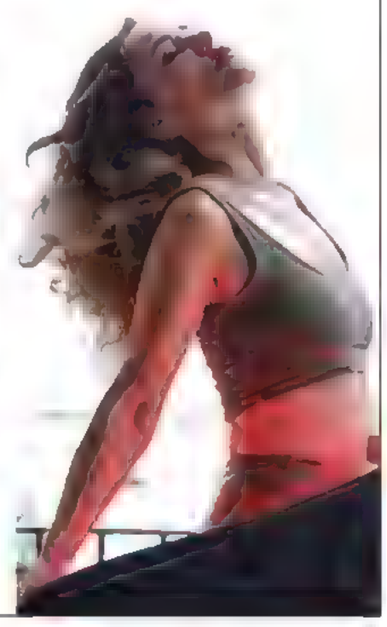

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CB013

well seasoned

smarts from our test kitchen

Fridge Refresh

Turn the page to get expert advice for a fridge that actually simpli es life.
By Alia Akkam

Get It Together!

When there is cooking, vacuuming and heaps of laundry to tend to, organizing your refrigerator may not be front of mind—but it deserves some attention, too, says Ría Sa ord, whose company, RíOrganize, has helped sort out the homes of celebrities, pro athletes and more. "It's the most forgotten space of the kitchen, yet it's one of the most used because you're grabbing things out of it constantly," she says. So what are you waiting for? Put Sa ord's wisdom to use.

Do a Hard Reset
"Take everything out of the fridge, get rid of the things you didn't even know you had, and start fresh," says Sa ord. Also key: "Identifying what you use the most. You want your most frequently used items to be the most accessible," she adds.

Divide and Conquer
Shop for organizational aids based on foods and beverages you always have on hand. Sa ord's personal go-to products are wine holders, drawer dividers that separate fruits and vegetables, and stackable, space-maximizing clear bins for her kids' yogurt, applesauce and drinks. "The more you can see, the more you can stay on top of your fridge," she says. Sa ord likes iDesign's line of plastic organizers *($11 & up; amazon.com)*. She's also a fan of see-through egg holders—because how many times have you gone to bake something or make an omelet and not had enough? The next step: labeling items with expiration dates and when leftovers were made. Sa ord favors a label maker, but even a Sharpie and masking tape will do the trick.

Assign Everything a Home
Ultimately, you want the layout to reflect your family's specific needs. Some might want an entire shelf devoted to dairy; others who frequently whip up salads may prefer to keep all of those ingredients together to make prep a breeze. The goal, Sa ord says, is to be able to open the fridge, take a mental picture, and from that snapshot determine what you need to buy. "However, you don't want everything so dialed in that it leaves no room for extra items," she warns. So be sure to delegate a space for impulse buys or other outliers.

Streamline Cleaning
Sa ord's secret weapon for keeping the fridge gunk-free: shelf liners that can be taken out and washed between supermarket trips—versus having to stand in front of the open door trying to scrub everything down. She's a fan of Pabusior Mats *($13 for 8; amazon.com)* because they are "clear, waterproof and BPA-free."

Shop for the Space You Have
"It's crucial that you're not overstu ng the fridge, because it's going to get overwhelming and you'll forget about that package of ground beef in the back," Sa ord explains. "You want as much breathing room as possible." There are exceptions, like a party that requires a temporary, packed-to-the-gills situation, but in general, Sa ord recommends keeping it uncrowded and making weekly supermarket runs for the essentials.

ILLUSTRATIONS BY AARON MESHON

Fuss-Free Lasagna

Thanks to some wisely chosen ingredients this labor-of-love kind of meal can be ready in about an hour. By Adam Dolge

Scan with your phone's camera for the 7 healthiest marinara sauces you need to be buying.

Cheesy Veggie Lasagna

ACTIVE: 30 min TOTAL: 1¼ hrs

- 3 tablespoons extra-virgin olive oil divided
- 1 pound cremini mushrooms thinly sliced
- 1 clove garlic minced
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 11-ounce package baby spinach
- 1 large egg lightly beaten
- 1 15-ounce container part-skim ricotta cheese
- 1½ cups shredded part-skim mozzarella divided
- 1 cup grated Parmesan cheese divided
- 1 25-ounce jar low-sodium marinara sauce divided
- 6 sheets oven-ready lasagna noodles
- 1 medium zucchini cut lengthwise into -inch planks
- Chopped fresh basil *and/or* parsley for garnish

1. Preheat oven to 375°F. Generously coat a 9-by-13-inch baking dish with cooking spray.
2. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add mushrooms, garlic, salt and pepper and cook, stirring occasionally, until the mushrooms are tender and starting to brown, 6 to 8 minutes. Transfer to a small bowl.
3. Heat the remaining 1 tablespoon oil in the pan and add half the spinach. Cook, stirring frequently, until wilted, about 3 minutes. Add the remaining spinach by the handful and cook until it's all wilted, about 2 minutes more. Press the spinach to the side of the pan, squeezing out as much water as possible, and cook until the water is evaporated, 2 to 3 minutes more. Remove from heat.
4. Mix egg, ricotta, 1 cup mozzarella and ½ cup Parmesan in a medium bowl. Combine the remaining ½ cup each mozzarella and Parmesan in a small bowl. Spread 1 cup sauce in the prepared baking dish and top with a layer of 3 noodles. Spread 1 cup of the ricotta mixture over the noodles and top with the mushrooms. Spread the spinach over the mushrooms and top with another 1 cup sauce. Layer on the remaining 3 noodles, followed by the remaining ricotta mixture. Layer zucchini on top, shingling if necessary, and spread the remaining sauce over the zucchini. Top with the reserved mozzarella mixture.
5. Bake the lasagna until bubbly and the cheese is beginning to brown, about 45 minutes. Let cool for at least 10 minutes before slicing. Garnish with basil and/or parsley, if desired.

SERVES 9: 1 cup each
Cal 362 Fat 16g (sat 7g) Chol 55mg Carbs 36g Total sugars 7g (added 0g) Protein 20g Fiber 3g Sodium 514mg Potassium 404mg.

Part-Skim Cheeses We use two kinds of cheeses in this lasagna—high-moisture ricotta keeps the casserole creamy, and mozz adds gooey deliciousness. We opt for part-skim instead of whole-milk for both cheeses to save some calories and saturated fat.

Low-Sodium Marinara Sauce Using a jarred sauce helps this lasagna come together quickly. Just be sure to read labels because many are loaded with salt and sugar. Look for a sauce with less than 500 mg of sodium per serving and 0 g of added sugar.

Oven-Ready Lasagna Noodles These noodles are par-cooked so you can skip the boiling and start building the lasagna with them as is. As long as they are in contact with something moist—like tomato sauce or ricotta—they'll soften up as the dish bakes.

Zucchini Planks By subbing these for a layer of noodles, we up the amount of veg and cut down on calories compared to a traditional lasagna—one medium zucchini has only about one-sixth the calories of three sheets of oven-ready lasagna noodles.

ILLUSTRATION BY EMMA DIBBEN. PAGES 99, 101, 102: GREG DUPREE; STYLING: MARGARET DICKEY (FOOD), AUDREY DAVIS (PROPS)

All the Juicy Details

We put the squeeze on handheld and electric citrus juicers to determine which ones produce the most juice, yet are also easy to use and clean. Here are our picks.

Scan with your phone s camera to shop these products.

BEST COMPACT

OXO Good Grips

This was our favorite compact juicer for those times when you need a small amount of juice. The reamer worked well on lemons and limes. (OXO also makes a 2-in-1 Citrus Juicer for larger citrus.) The container even doubles as a measuring cup—handy! *($11 oxo.com)*

Vinci Hands Free Citrus Juicer Place a halved orange or lemon on the reamer close the lid press a button and let the machine do the rest. We tested citrus of all different sizes and the juicer s sensors determined exactly how much pressure to apply. The reservoir holds up to 12 oz. and all detachable components are dishwasher-safe. *($100 vincihousewares.com)*

BEST HANDHELD

Chef n FreshForce Citrus Juicer This model solved a common problem with many handheld juicers: you have to squeeze really hard to extract all the juice. But thanks to its dual gears little effort is needed to extract every drop. Plus an inverted strainer catches seeds and most of the pulp while also reducing splash-back. *($28 chefn.com)*

BEST SPLURGE

Breville The Citrus Press Pro

Breville s sleek electric model is sturdy and packed with features that will help you juice like a pro. Simply place a halved citrus on the cone and gently press the power-assisted lever to squeeze juice into a vessel of your choice. It made quick work of everything from small Key limes to large grapefruit. The undulated fins on the cone ensure citrus is squeezed dry while the drip-stop spout minimizes countertop spillage meaning less to clean. Plus the removable parts are dishwasher-safe. *($220 breville.com)*

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast																				
53	Fruit & Granola Salad	224	18	3	7	5	185	459		36		60		24	Q			Q		Q
53	Granola-Berry Smoothie	266	35	7	13	5	67	351							Q			Q		Q
53	Granola Pancakes	332	48	5	11	8	388	141							Q			Q		Q
46	Overnight Matcha Oats with Berries	373	52	4	27	11	200	515	21		30		25			Q	Q	Q		Q
Condiments & Beverages																				
63	Gingery Vegetable Broth	5	1	0	0	0	9	43								Q	Q	Q	Q	Q
85	Preserved Citrus Paste	4	1	0	0	0	175	20								Q		Q	Q	Q
87	Preserved Lime Soda	18	5	4	0	0	58	7							Q	Q		Q	Q	Q
Starters & Sides																				
48	Baked Feta Spinach-Artichoke Dip	94	5	0	3	1	147	114				46			Q	Q				Q
42	Chile & Garlic Hasselback Squash	144	15	0	1	3	102	458				271		33		Q	Q	Q	Q	Q
42	Root Vegetable & Greens Salad with Red Pepper Jelly Vinaigrette	235	17	2	3	3	209	315				121			Q	Q	Q		Q	Q
Vegetarian & Vegan																				
78	Bitter Greens Salad with Beets & Oranges	500	34	0	14	6	391	776	25	52		31		84				Q		Q
44	Black Bean & Butternut Squash Enchiladas	428	58	0	13	11	491	779				234		43	Q	Q	Q	Q		Q
86	Cauliflower Rigatoni with Preserved Orange Tapenade	489	55	0	12	10	486	924		34				127	Q			Q	Q	Q
31	Cheesy Cauliflower & Sweet Potato Chowder	293	28	0	12	4	529	584	24			132	32	30	Q			Q		Q
101	Cheesy Veggie Lasagna	362	36	0	20	3	514	404	31	29		61	28	22				Q		Q
47	Chickpea Pasta with Mushrooms & Kale	340	38	0	17	10	366	717			35	64		43	Q	Q	Q	Q	Q	Q
97	Red Lentil Soup with Saffron	280	42	0	15	8	364	512		32	28	80			Q	Q	Q	Q	Q	Q
67	Soup Beans with Cornbread & Kraut	317	53	0	16	14	640	788		62	21					Q		Q		Q
81	Southwest Chopped Salad with Tomatillo Dressing	519	37	3	15	14	612	1,051	25	24		150		150	Q	Q		Q		Q
52	Vegetarian Chili	206	31	5	8	9	462	668				27			Q	Q		Q	Q	Q
Chicken & Turkey																				
33	Cashew Chicken Lettuce Wraps	319	12	3	23	1	281	810				23	27		Q	Q		Q		
39	Chicken Puttanesca	284	10	0	28	1	466	502							Q	Q		Q		
64	Chicken Stew with Collard Greens & Peanuts	453	34	0	30	7	608	1,027		21		313	29	59		Q	Q	Q		
52	Chicken Tomato Tortilla Soup	302	29	5	31	5	617	906							Q	Q		Q		
43	Ginger Chicken & Vegetable Noodle Soup	337	22	0	33	2	544	904				41	39	149	Q		Q	Q		
87	Preserved Lemon & Fennel Roast Chicken	170	1	0	24	0	374	310								Q		Q		
95	Saffron Chicken Korma	373	12	0	34	2	514	510			23		38			Q		Q		
52	Saucy Ginger-Tomato Chicken	426	45	5	31	4	330	1,000							Q	Q		Q		
67	Smothered Chicken Breasts in Onion Gravy	309	24	0	30	3	450	775										Q		
34	Turkey Chili Calzones	466	51	0	25	10	664	508				25	29	32	Q			Q		
80	Waldorf Salad with Chicken & Rutabaga	410	43	18	28	6	518	762		30		119		26	Q	Q		Q		
Fish & Seafood																				
46	Avocado Tuna Spinach Salad	431	17	5	20	7	551	494			29	155	20	46	Q	Q		Q		
96	Bouillabaisse	519	39	0	33	3	885	877					172					Q		
36	Cornmeal-Crusted Shrimp with Corn & Okra	392	28	0	27	4	565	532					54		Q	Q	Q	Q		
45	Deconstructed Crab Ravioli with Tarragon Cream	356	20	0	24	1	481	119							Q			Q		
85	Fish Tacos with Preserved Grapefruit Salsa	387	35	0	25	7	252	861					52	33	Q	Q	Q	Q		
77	Lemony Shrimp, Kale & Potato Salad	522	21	1	28	4	675	933				57		55	Q	Q		Q		
30	Roast Salmon with Kumquat-Pineapple Chutney	332	30	8	35	4	352	853					292	54	Q	Q	Q	Q		
28	Tofu, Cauliflower & Sweet Potato Green Curry	284	18	0	14	6	795	388				95		49	Q	Q		Q		
52	Tofu Tomato Curry	551	66	5	13	2	778	644			36				Q	Q		Q		
Beef & Pork																				
78	Andouille, Sweet Potato & Broccoli Salad with Creole Mustard Dressing	292	25	6	9	6	707	579		39		183		64	Q	Q		Q		
77	Celeriac & Lentil Salad with Poached Eggs	436	30	0	19	7	496	520			44	83	23	41		Q		Q		
38	Cheesesteak Salad	342	11	0	29	2	726	366			24	112	61	29	Q	Q		Q		
32	Garlic-Herb Roast Pork Tenderloin with Parsnip Puree & Kale	402	29	0	32	9	586	1,470	23	59	21	261	36	187		Q		Q		
52	Meatballs in Spiced Tomato Sauce	418	59	4	23	7	698	352			22				Q			Q		
Desserts & Snacks																				
47	Chocolate Yogurt with Pomegranate Arils	185	31	18	5	1	74	113							Q	Q		Q		Q
53	Granola Chocolate Bark	94	12	7	1	1	3	79							Q		Q	Q		Q
53	Mini Frozen Yogurt Parfaits	38	4	1	2	1	7	52									Q	Q		Q
40	Mini Vegan Chocolate Tarts	52	5	2	0	1	20	51									Q	Q	Q	Q
53	Peanut Butter Granola Bars	271	24	5	8	4	98	305											Q	Q
96	Saffranskaka (Saffron Cake)	315	37	16	5	3	120	140												Q
67	Small-Batch Crispy Chocolate Chip Cookies	97	13	9	1	1	70	17							Q			Q		Q

KEY TO COLUMN LABELS

% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day. **45 Minutes or Less:** A recipe's start-to-finish (total) time is 45 minutes or less. **Gluten-Free:** No wheat, rye or barley. **Heart-Healthy:** Limited saturated fat and sodium. **Low-Cal:** Recipes are relatively low in calories. **Vegan:** No animal products. **Vegetarian:** Meatless (or meatless options listed first). **More info:** ***eatingwell.com/go/guidelines***

Farm managers Kaui Sana and Derrik Parker were MA O interns in 2007 and 2008 respectively.

The Roots of Good Nutrition

Could the key to fighting chronic disease in Hawaii be as simple as getting kids to dig in the dirt? One couple says it starts there.

By Martha Cheng Photo by Dana Edmunds

WHO THEY ARE Gary and Kukui Maunakea-Forth started their organic farm in Wai anae, O ahu, in 2001 to provide college scholarships to 18- to 24-year-olds in exchange for planting and harvesting crops. They named the farm MA O, an acronym for Māla Ai Ōpio or "youth food garden." The couple thought higher education was the answer to reducing the rate of chronic diseases, such as diabetes, that are far more prevalent in Wai anae than in other regions of Hawaii. "When youth are more educated and empowered about where their food comes from, they cook better, they eat better food, they're more aware of diet and exercise," says Gary. However, as the couple would later learn, the two-year-long internships on the farm had a more immediate impact.

WHAT THEY DID In 2017, the Maunakea-Forths partnered with the University of Hawai i to study how the students' time at the farm impacted their physical health. At the outset, 62% of the 80 new interns at MA O were found to have prediabetes or diabetes; after a year, that number dropped to 30%. The farm's interns consumed more vegetables, which improved their gut microbiomes (analyzed through fecal matter). This, in turn, led to better glycemic control and fewer cases of type 2 diabetes. "This study shows that a community-based organization that is not directly tied to health care can play an important role in the prevention of diseases," says study co-author Ruben Juarez, Ph.D., professor at UH Economic Research Organization.

WHY IT'S COOL MA O has grown to 281 acres, making it one of the largest certified organic farms in Hawaii. Inspired by the study, the couple surveyed alumni in 2020 and found additional social and health benefits, from higher self-esteem to less tobacco and alcohol consumption, compared to those who hadn't been through the program. Kiana Tector, 24, says her time at MA O made her more mindful of what she eats. She also found that her change in diet spread within her home. "I noticed my family started eating a lot more vegetables because I brought them home from the farm," she says. "Learning about the connection we have to the land and our food is powerful, but being able to share that with our families and see the impact we have is empowering."

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